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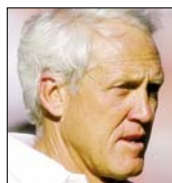
Tuesday



Swedish director Ingmar Bergman died Monday.

Master Artist: Legendary director Bergman dies at 89 | **9**

Drug Backed: Panel OKs Avandia to stay on market | **3**



Golden Coach: 49ers great Walsh loses a long battle vs. leukemia | **19**

ENTERTAINMENT



Pop Prince: Sean Kingston is enjoying serious success with his first single. Plus, is Drew Carey the next Regis?

>> **9-13**



4 Infant Bodies Found in Md. Home

CRIME SCENE: Investigators on Monday use shovels to examine a field near the Ocean City, Md., home of Christy Freeman. The 37-year-old taxi company owner and mother of four is charged with first-degree murder in the death of her newborn baby. Police in the resort town have found the bodies of four dead infants in Freeman's home. ♣ **Search:** Police make gruesome discoveries | **Page 7**

Roberts Suffers Seizure

Chief justice is hospitalized after falling at Maine home

WASHINGTON | Chief Justice John Roberts suffered a seizure at his summer home in Maine on Monday, causing a fall that resulted in minor scrapes, Supreme Court spokeswoman Kathy Arberg said.

He will remain in a hospital in Maine overnight.

"It's my understanding he's fully recovered," said Christopher Burke, a spokesman for Penobscot Bay Medical Center, where Roberts was taken.



Roberts

Roberts, 52, was taken by ambulance to the medical center, where he underwent a "thorough neurological evaluation, which revealed no cause for concern," Arberg said in a statement.

Roberts had a similar episode in 1993, she said.

Doctors called Monday's incident "a benign idiopathic seizure," Arberg said. The White House described the January 1993 episode as an "isolated, idiosyncratic seizure."

A benign seizure means that doctors performed an MRI and other tests to conclude there was no tumor, stroke or other explanation. Whether Roberts will need anti-seizure medications to prevent another seizure is something he and his doctor will have to decide. But after two seizures, the likelihood of another at some point is greater than 60 percent. MARK SHERMAN (AP)



DO YOU THINK JOE GIBBS CAN LEAD THE REDSKINS BACK TO THE PLAYOFFS THIS SEASON? **A** YES **B** NO

WWW.READEXPRESS.COM | VISIT OUR WEB SITE TO CAST YOUR VOTE. FOR MONDAY'S POLL RESULTS, SEE PAGE 32

	TUESDAY		WEDNESDAY		THURSDAY
	92/71		92/72		92/73

TODAY: Early morning fog gives way to a partly cloudy, hot day | **30**

eyeOpeners

KNICKKNACKS

Commemorative Tapir-Snot Cups Remain Unsold

China's Chengdu Giant Panda Breeding Base is hawking souvenirs — from bookmarks to Olympic-themed statues — made of dung produced by the facility's 40 bamboo-fed pandas. The items will be made mostly from undigested bamboo culled from the panda waste. An official said the dung is "carefully selected, smashed, dried and sterilized." "They don't smell too bad, because 70 percent of the dung is just... bamboo," said Jing Shimin, assistant to the base director. The 2008 Olympic statues will feature athletic pandas performing various Olympic sports. (AP)



PLANNING

His Kids Would Have Preferred College

The director of marketing for Zippo in France has spent \$37,000 on a 1933 Zippo lighter, the greatest amount ever paid for one of the products. Didier Karoubi made the winning bid Saturday at the first public auction the company offered. The auction was held at the 75th anniversary festivities for Bradford, Pa.-based Zippo, with about 250 collectors attending. Karoubi, who has been collecting Zippos for two decades, said the lighter was invaluable. It was brought out of the company's archives for the celebration. His offer was more than double the previous highest price paid for a Zippo



LEISA THOMPSON/ANN ARBOR NEWS/AP

AMUSEMENT

Artists Really Bored

Two Ypsilanti, Mich., artists are selling hot-pink undies emblazoned with "Ypsi-panty" in an effort to keep alive the city's historical role in the underwear business. Mark Maynard and Linette Lao have sold nearly 200 pairs. "We were just thinking about Ypsi-positive things that we could make," they said. (AP)



ISTOCKPHOTO

FORCES

Electricity: This Time It's Personal

Don Frick of Hamlin, Pa., said he survived his second lightning strike Friday — 27 years to the day of his first — and emerged with only a burned zipper and a hole in his pants. Frick was attending a festival when a storm came up quickly. He sought refuge in a shed shortly before lightning struck the ground nearby, sending a shock through Frick. "When I came to and realized I was alive, the first thing that came to my mind was that I'm pretty lucky." (AP)

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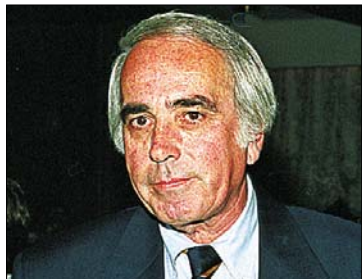


"I basically wrote a letter to my grandkids. ... A souvenir for them to have down the road some day."

—Vice President Dick Cheney, on his brief time as acting president on July 21

Nation

In Brief



Tom Snyder hosted the late-night talk show "Tomorrow" from 1973 to 1982.

SAN FRANCISCO

Pioneering Talk Show Host Tom Snyder Dies of Cancer

Tom Snyder, who pioneered the late-late-night network TV talk show with a personal yet abrasive style, has died from complications associated with leukemia. He was 71. Al Primo, a former TV news director who gave Snyder one of his first TV jobs, said Snyder was the "ultimate communicator," able to look directly into a camera and tell viewers a story without looking at notes. (AP)

OAK RIDGE, TENN.

Driver Crashes Into Barrier At Storehouse for Uranium

A driver ran a checkpoint at a nuclear weapons plant early Monday and crashed into a barrier, then fled on foot, authorities said. Police were searching for the driver, but there was nothing to suggest terrorism played any role. Guards at the Y-12 plant, a storehouse for bomb-grade uranium, said the man "appeared to be impaired in some way" when they stopped him at a security checkpoint, spokesman Bill Wilburn said. (AP)

Panel: Keep Selling Diabetes Drug

Avandia manufacturer denies that medicine increases heart risks

WASHINGTON | The widely used diabetes drug Avandia should remain on the market, government health advisers overwhelmingly recommended Monday, saying evidence of an increased risk of heart attack doesn't merit removal.

The nonbinding recommendation to the Food and Drug Administration came on a 22-1 vote by

A COMMON TREATMENT

→ About 1 million Americans with Type 2 diabetes use Avandia to control blood sugar by increasing the body's sensitivity to insulin. That sort of treatment has long been presumed to lessen the heart risks already associated with the disease.

→ News that Avandia might actually increase those risks would represent a "serious limitation" of the drug, the FDA says.

the panel.

"We're being asked today to take a very draconian action based on studies that have very significant weaknesses and are inadequate for us to make that kind of decision," said Rebecca Killion, a diabetic from Bowie, Md., and the panel's patient representative.

Panelists said the drug's label should include a so-called "black-box" warning, the most severe the FDA can require, to flag that risk.

FDA scientist Dr. David Graham

said waiting for more results could subject as many as 2,200 people per month to serious side effects from the drug.

Graham also told the joint panel of experts that the drug's heart risks, combined with its lack of unique short-term benefits in helping diabetics control blood sugar, meant continued sales were not justified.

But the drug's manufacturer, GlaxoSmithKline, contended there is no increased risk, citing its own analyses of studies of Avandia.

ANDREW BRIDGES (AP)

Brown Affirms Support of Iraq War

British prime minister backs president's plan for gradual turnover

NEW YORK | President Bush and British Prime Minister Gordon Brown forged a unified stand on Iraq Monday, aiming to head off talk of a splintering partnership in the face of an unpopular war.

"There's no doubt in my mind he understands the stakes of the struggle," Bush said of Brown after two days of talks.

The visit was closely watched for any sign of daylight between the president and prime minister after four years of unwavering support by Tony Blair, Brown's predecessor.

Brown told Bush that he shares



British Prime Minister Gordon Brown and President Bush speak at Camp David.

the U.S. view of gradually turning over security of Iraq to its own people, based on signs of clear progress and advice from military leaders.

"We have duties to discharge and responsibilities to keep in support of the democratically elected government," Brown said of Britain's commitment to Iraq. (AP)

Officials Unveil Military Aid Plan For Arab Nations

WASHINGTON | The Bush administration said Monday that a new multibillion-dollar military sales package for Arab nations will help secure Iraq and the Persian Gulf while promoting stability and U.S. influence in a Middle East threatened by terrorism and rising Iranian ambitions.

Embarking on a four-day tour of the region with Defense Secretary Robert Gates, Secretary of State Condoleezza Rice said the proposed U.S. package, estimated at more than \$20 billion, "will help bolster forces of moderation and support a broader strategy to counter the negative influences of al-Qaeda, Hezbollah, Syria and Iran." (AP)

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Nation

MOVING MUSIC: City authorities in Tacoma, Wash., who are fed up with gang activity in public places are taking Bach to the bus stop. Transit workers are installing speakers to pump classical music into bus stations, in hopes that it will encourage gang members to go somewhere else.



Vick's Co-Defendant Pleads Guilty

Man will cooperate in dogfighting case against Falcons star

RICHMOND, VA. | One of Michael Vick's co-defendants pleaded guilty Monday to federal dogfighting conspiracy charges and agreed to fully cooperate with the government in its prosecution of the Atlanta Falcons star and two other men.

Tony Taylor said he was not promised any specific sentence in return for his cooperation. He faces a maximum of five years in prison and a \$250,000 fine.

Vick and two other co-defendants pleaded not guilty last week to the same charges.

Prosecutors already have said a superseding indictment will be issued next month, which could



Tony Taylor makes a quick exit from court following a hearing on Monday in Richmond, Va. Taylor pleaded guilty to federal dogfighting conspiracy charges.

mean more charges against Vick and the remaining co-defendants.

Prosecutors claimed in a July 17 indictment that Taylor found the Surry County property that Vick purchased and used as the site of "Bad Newz Kennels," a dogfighting enterprise.

"The 'Bad Newz Kennels' operation and gambling moneys were almost exclusively funded by Vick," according to a statement of facts supporting the plea agreement and signed by Taylor.

The statement also lists several dogfights that Taylor claims Vick attended. The principals in the dogfighting ring split any winnings, and Taylor — who spent most of his time raising and training the pit bulls — used his share for living expenses, according to the statement. LARRY O'DELL (AP)

Thompson Will Report \$3M in June Fundraising

WASHINGTON | Presumptive presidential candidate Fred Thompson on Tuesday will report raising roughly \$3 million in one month for his all-but-certain White House bid, Republican officials said.



Thompson

The amount Thompson raised for his committee to "test the waters" of a presidential bid lags the original \$5 million goal backers set for June, the first month in which he set out to raise money. Thompson did, however, collect more than several other Republicans did in their initial fundraising months as prospective candidates. (AP)

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WAX OFF: Josef Stalin and Franklin D. Roosevelt are missing their clothes, and Fred Flintstone and the Teletubbies are just plain missing after a raid on wax figures owned by Ireland's National Wax Museum. At least 50 figures were stolen or wrecked while in storage.



World

In Brief



Al-Jazeera TV showed video it said was of seven female Korean hostages.

KANDAHAR, AFGHANISTAN **Taliban Claim to Have Killed Second S. Korean Hostage**

A purported Taliban spokesman claimed the hardline militia killed a second South Korean hostage Monday because the Afghan government failed to release imprisoned insurgents. Afghan officials said they hadn't recovered a body and couldn't confirm the claim. The Al-Jazeera television network, meanwhile, showed footage that it said was seven female hostages in Afghanistan. It did not say how it obtained the video, whose authenticity could not be verified. (AP)

PARIS **Lawmakers Debate Bill Regulating Transit Strikes**

French lawmakers opened debate Monday on a bill requiring minimum service during public transport strikes, a measure that unions view as a first step toward ending the right to strike. Unions called for demonstrations Tuesday to protest the bill, approved July 19 by the Senate and expected to be passed definitively later this week. The measure is aimed, in part, at ending spontaneous strikes that regularly hit some branches of public transport. (AP)

MUMBAI, INDIA **Long-Revered Elephants Banned From City Streets**

Elephants — long revered in India as symbols of wisdom and good fortune — are no longer welcome in Mumbai. The state government has banned domesticated elephants from India's largest city, saying that forcing the beasts to walk the city's chaotic, crowded and polluted streets was an act of cruelty. The ban, the first of its kind in India, went into effect last week, officials said. (AP)

Report: 8M Iraqis Need Urgent Aid

Relief agencies say millions still lacking water, food, shelter

LONDON | About 8 million Iraqis — nearly a third of the population — need immediate emergency aid because of the humanitarian crisis caused by the war, relief agencies said Monday.

Those Iraqis are in urgent need of water, sanitation, food and shelter, said the report by Oxfam and the NGO Coordination Committee network in Iraq.

The report said 15 percent of Iraqis cannot regularly afford to eat, and 70 percent are without adequate water supplies, up from 50 percent in 2003. It also said 28 percent of children are malnourished, compared with 19 percent before the 2003 invasion.

"Basic services, ruined by years of war and sanctions, cannot meet the needs of the Iraqi people," said Jeremy Hobbs, the director of Oxfam International.

The report said more than 2 million people — mostly women and children — have been displaced

within Iraq, and 2 million Iraqis have fled the country as refugees, mostly to Syria and Jordan.

Hobbs urged Iraq's government, the United Nations and the international community to do more to help Iraqis, despite the risk of the war's widespread violence involving coalition forces and insurgents.

Oxfam has not operated in Iraq since 2003 for security reasons, but a survey it published in April found that more than 80 percent of aid agencies working in the country could do more if they had more money. THOMAS WAGNER (AP)

ELSEWHERE IN IRAQ

→ **Iraq's parliament** on Monday shrugged off U.S. criticism and adjourned for a month, as lawmakers declared there was no point waiting any longer for Prime Minister Nouri al-Maliki to deliver Washington-demanded benchmark legislation for their vote.

→ **A small bus** exploded in Baghdad Monday, killing at least six people. The minibus was one of several waiting for passengers heading to predominantly Shiite areas in the city. (AP)

IVORY COAST | 'FLAME OF PEACE' SPARKS DISARMAMENT



PARTING SHOT: Ivorian military leaders join efforts to destroy a cannon during a disarmament and reconciliation ceremony dubbed the "Flame of Peace" in Bouake, Ivory Coast, Monday. President Laurent Gbagbo visited the former rebel stronghold of Bouake for the first time since a recent peace deal allowed for reunification of the country's north and south.

IAEA Team Visits Iranian Nuke Site

TEHRAN, IRAN | U.N. inspectors visited on Monday a nuclear reactor being built in central Iran that had been off-limits since April, the official Islamic Republic News Agency reported.

"The team visited the 40-megawatt research reactor in Arak,"

IRNA quoted an unnamed official as saying.

Experts from the U.N.'s nuclear watchdog have said access to the reactor is critical to their review of Tehran's nuclear activities.

Iran agreed to the inspection last week after a meeting between

International Atomic Energy Agency Deputy Director-General Olli Heinonen and a senior Iranian envoy.

Iran has blocked access to the site since early April, and the agency's inspectors have not visited since Jan. 29 after the U.N. Security Council imposed limited sanctions on Iran. (AP)

Unrest Continues In Pakistan

Militants seize shrine in northwest, dub it the new Red Mosque

PESHAWAR, PAKISTAN | Pro-Taliban fighters seized an Islamic shrine in restive northwestern Pakistan and renamed it after the Red Mosque, where dozens of militants died this month in a showdown with government forces in the capital, officials said Monday.

Three soldiers and four civilians died in other violence in the northwest, where President Gen. Pervez Musharraf is under growing pressure from Washington to crack down on the Taliban and al-Qaeda.

U.S. officials have floated the possibility of unilateral military strikes in the tribal regions, a possibility that Pakistan once again strongly rejected.

"Pakistan will not allow any foreign forces to conduct activities inside its territory," Prime Minister Shaukat Aziz told legislators Monday, according to a government statement.

The government also criticized a bill that would tie development aid to Pakistan's progress in fighting militancy. RIAZ KHAN (AP)



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Who is God? - Perfect (Matthew 5:48) and Holy (Isaiah 6:3)
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Who are We? - Imperfect (Romans 3:23) and Sinful (Romans 5:8)
Separated from God (Isaiah 59:2); **Subject to Judgment** (John 3:18)
'All have sinned and come short of the glory of God.' (Romans 3:23)
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Good deeds - 'By grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works.' (Ephesians 2:8,9)

Religion - 'By the works of the Law (10 Commandments) no flesh will be justified in His sight.' (Romans 3:20)

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'He (God) made Him (Jesus) who knew no sin to be sin on our behalf, that we might become the righteousness of God in Him.' (2 Corinthians 5:21)

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'For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.' (John 3:16)

'What good will it be for a man if he gains the whole world, yet forfeits his soul?' (Matthew 16:26)

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World



Among India's wealthier classes, birthday parties have grown more lavish, such as this recent bash thrown for Taisa Arora, 2, shown with her mother, in New Delhi.

India's Parties Far From Child's Play

Amid new prosperity, birthday soirees put a family's cash on display

NEW DELHI | Inside the chandeliered party hall of an upscale hotel, with its canopies of balloons and sparkly lights, three video cameramen and two photographers jostled like paparazzi to get a glimpse of the guest of honor.

Waiters in black tie waded through the crowd, serving endless silver trays of chicken tikka kebabs, grilled shrimp and samosas. Several DJs spun fast-tempo Punjabi pop that pulsed from refrigerator-size speakers.

This was, after all, a birthday party for a 2-year-old — little curly-haired Taisa Arora, to be specific.

In India, weddings have long been extravagant celebrations of a lifetime, costing families huge sums. But with prosperity growing in urban India, more and more parents are spending exorbitant amounts on children's birthday parties — sometimes in excess of \$4,000 per bash.

"The birthday party is the new wedding in India, and the sky is the limit," said Rakesh Gupta, a party planner who has seen his business double. "It's a serious industry now, and people want to spend lavishly and outdo each other."

For India's wealthier classes, the birthday parties are a chance to network with business colleagues, and reunite relatives. Perhaps most important, the parties are a source of pride for Indians looking to demonstrate their new wealth, as parents try to impress one each other with opulent soirees.

The Indian economy has enjoyed record growth rates of 8 percent to 9 percent during the past three years, in part because the once-socialist country has now opened its markets globally. The country

Behind the Boom

→ India is a place of confounding contrasts. According to the U.N., 42 percent of India's children are malnourished, a higher rate than in most African countries. | Today, AI

The Washington Post

has developed a large service industry, with the technology, pharmaceutical and biotechnology sectors serving international markets.

At Taisa's bash, her father, Gagan Arora, 27, a successful real estate mogul, shook hands and slapped the backs of relatives and business associates. His wife, Shivali Arora, 24, dressed in a pearl-stitched pink gown, cooed: "Some families in India have this kind of money now, so why not celebrate?"

EMILY WAX (THE WASHINGTON POST)



CAN THE BAN: Virginia's ban on live poultry sales and shows ends Tuesday, three weeks after the discovery of avian flu antibodies in a flock of turkeys on a Shenandoah County farm. The avian influenza strain does not pose a risk to humans. The ban had been scheduled to last one month.

Local

BETHESDA, MD. | PLAYGROUND TREE CUT DOWN



HAZARD ELIMINATED: Workers remove parts of a tree that was cut down at Ayr lawn Park in Bethesda on Monday. A woman and her niece were injured on Sunday when a portion of the tree fell 60 feet and struck them.

Tiny Remains Found in Md.

Bodies of 4 infants found in Ocean City home; mother charged

OCEAN CITY, MD. | Backhoes and cadaver dogs combed the backyard of a home Monday where four infant cadavers have been found since last week.

Police say the babies belong to Christy L. Freeman, 37, a taxi company owner and mother of four in this Atlantic beach town.

Freeman was charged with murder in the death of one of the babies, a male fetus in the 26th week of pregnancy who was found in a vanity under a bathroom sink in her house. A preliminary report from

the state medical examiner's office said the baby was stillborn.

The child was discovered after Freeman went Thursday to a local hospital, where doctors found she had recently been pregnant.



Freeman

"There was a placenta and umbilical cord and no baby," said Ocean City Police Chief Bernadette DiPino.

Police searched Freeman's home, looking for the missing fetus, and found it wrapped in a bloody white towel with a blue stripe in her bathroom. They also found, in a trunk in her bedroom, two trash bags con-

taining what police say are human bones. After interviewing the mother, police looked in a vehicle in the backyard and found the remains of a fourth infant.

All died before coming to term, but authorities have not said how old the three sets of remains are.

Worcester County State's Attorney Joel Todd said Freeman was charged with murder under a 2005 state law authorizing murder convictions for fetuses killed after 20 weeks. Todd said investigators are probing whether Freeman caused the babies' deaths.

He said he was not sure whether it is a crime to improperly dispose of a fetus that dies naturally.

RANDALL CHASE (AP)

The Lotteries

Monday, July 30

DISTRICT	
Mid-day Lucky Numbers	3-7-9
Evening Lucky Numbers	1-5-0
Mid-day DC 4	3-7-0-5
Evening DC 4	8-2-5-3
Rolling Cash Five	24-34-19-15-10
Daily 6	8-22-31-32-20-16 Bonus: 24

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MARYLAND

Mid-day Pick 3	7-4-0
Evening Pick 3	4-7-1
Mid-day Pick 4	3-1-4-3
Evening Pick 4	5-2-5-7
Match 5	1-17-22-31-38 Bonus: 23

VIRGINIA

Mid-day Pick 3	6-7-1
Evening Pick 3 (Sun.)	3-4-2
Mid-day Pick 4	7-4-1-7
Evening Pick 4 (Sun.)	1-3-5-6
Mid-day Cash 5	3-11-25-30-32
Evening Cash 5 (Sun.)	10-13-20-22-26

Metro Reviews Pest Control Deal

WASHINGTON | Metro is reviewing its contract with a pest control company after a poison scare closed three subway stations Sunday.

A spokeswoman for the Washington Area Metropolitan Transit Authority said the company, Dixon's Pest Control, did not follow proper procedures when it left the poison to kill pigeons Sunday, resulting in the discovery of dozens of dead birds outside at least six stations.

The contractor was supposed to place the poison during late-night or early morning hours, and then wait to do the cleanup before moving to the next station, Metro spokeswoman Candace Smith said.

Smith said the contract with Dixon's is on hold while the agency reviews the incident. The agency said it is working with the humane society for solutions to its pigeon problem. (AP)

Police: Father Kills His 2 Sons

SILVER SPRING, MD. | A father shot and killed his two sons Monday morning in their townhouse, according to police. Thurmon Herring, 44, was arrested by Montgomery County police after officers discovered the bodies of Jeremy Herring, 18, and Justin Herring, 20, Monday morning. No motive for the killings was provided by police. (AP)

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Money

\$5B WSJ Bid on Thin Ice

News Corp. 'unlikely' to proceed if support from Bancrofts is low

NEW YORK | Wall Street became increasingly skittish about Rupert Murdoch's prospects for clinching a deal to buy Dow Jones & Co., sending the stock of the Wall Street Journal publisher down more than 5 percent Monday as a deadline arrived for the Journal's controlling shareholders to make a decision.

Members of the Bancroft family, which has controlled Dow Jones for a century, had a 5 p.m. deadline Monday to tell the family's lead trustee how they would vote on Murdoch's \$5 billion offer to buy the company. A Bancroft family spokesman declined to



Dow Jones' stock dropped Monday as rumors swirled over the buyout deal.

comment on the vote's outcome late Monday.

The next expected step is for News Corp., Murdoch's media conglomerate, to be informed of how many Bancroft family members were in favor of the offer and decide whether it has enough sup-

port to proceed.

On Monday a News Corp. spokesman said the company was "highly unlikely" to go ahead with the deal if the level of support among the Bancrofts remained at just 28 percent of the shareholder vote, which the Wall Street Journal reported was the level of commitment as of Sunday.

The News Corp. spokesman asked not to be named due to the sensitive nature of the discussions. News Corp. has said it wants sufficient support from the Bancrofts to avoid a potentially messy show-down later.

The Bancrofts collectively control 64 percent of the shareholder vote of Dow Jones through a special class of stock, but only about half of them need to support the deal for it to succeed. SETH SUTEL (AP)

Foreclosures Register a 58% Jump

LOS ANGELES | The number of U.S. homes facing foreclosure surged 58 percent in the first six months of the year, the latest sign of mounting problems in the mortgage industry, a data firm said Monday.

In all, 573,397 properties across the nation reported some sort of foreclosure activity in the first half of this year, including receiv-

ing notices of default, auction sale notices or being repossessed by lenders, Irvine, Calif.-based RealtyTrac Inc. said.

That was 58 percent higher than the 363,672 properties in the first six months of 2006 and 32 percent higher than the 433,504 in the last six months of 2006.

"We could easily surpass 2 mil-

lion foreclosure filings by the end of the year, which would represent a year-over-year increase of over 65 percent," said RealtyTrac CEO James J. Saccacio.

California, Florida, Texas and Ohio were among the states with the highest number of homes receiving foreclosure-related notices, the firm said. California led the nation in foreclosure filings and the number of homes receiving notices. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
MineSaf	45.37	+4.23	+10.3
Solera n	19.68	+1.68	+9.3
NewMarket	46.67	+3.74	+8.7
CitizInc	5.36	+42	+8.5
KBR Inc n	31.39	+2.46	+8.5

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
NovaStr rs	12.93	-3.31	-20.4
BldrG&IFd	10.00	-1.80	-15.3
RadioShk	25.55	-3.25	-11.3
AlescoFncI	5.14	-.61	-10.6
ImpacMtg	2.95	-.34	-10.3

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
RurlCellA	42.76	+10.95	+34.4
Cimatrn	2.38	+50	+26.6
GPC Biot	12.50	+2.15	+20.8
Ashwrth	7.12	+94	+15.2
Iomai	1.67	-.02	-1.4

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Taitron	2.10	-.54	-20.5
ValueClick	21.01	-5.00	-19.2
Ampex h	8.07	-1.74	-17.7
Macronix	6.00	-1.07	-15.1
VSE Cp s	49.27	-6.73	-12.0

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.23	5.25
3-month disc	4.825	4.885
2-year	4.55	4.78
10-year	4.80	4.96
30-year	4.96	5.06

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.4944	.4933	.5367
Canadian Dollar	1.0688	1.0610	1.1311
European Euro	.7305	.7327	.7841
Japanese Yen	118.76	118.78	114.70
Mexican Peso	10.9253	10.9464	10.8381
Taiwanese Dollar	32.93	32.98	32.78

DOW	NASDAQ	S&P 500
+92.84	+21.04	+14.96
+0.70	+0.82	+1.03
13358.31	2583.28	1473.91

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	56.19	+.57	-17.7
Amylin	47.15	+.25	+30.7
BiogenIdc	55.43	-1.58	+12.7
Celgene	61.75	+.62	+7.3
ChRvLab	51.07	+.51	+18.1
Genentch	76.25	+.78	-6.0
Genzyme	63.25	+.04	+2.7
GileadSci s	37.42	+.46	+15.3
Illumina	46.26	-.44	+17.7
Imclone	33.45	-.11	+25.0
Invitrogn	72.16	-.47	+27.5
MillPhar	10.21	+.03	-6.3
PDL Bio	23.73	-.08	+17.8
QIAGEN	17.18	+.39	+13.5
VertexPh	32.60	+.16	-12.9



BLURRY GONZO: Johnny Depp will take on the production of a film based on Hunter S. Thompson's autobiographical novel "The Rum Diary," which the late author wrote in the '50s about his experience as a freelancer in Puerto Rico.

Entertainment

The Cinematic Magician

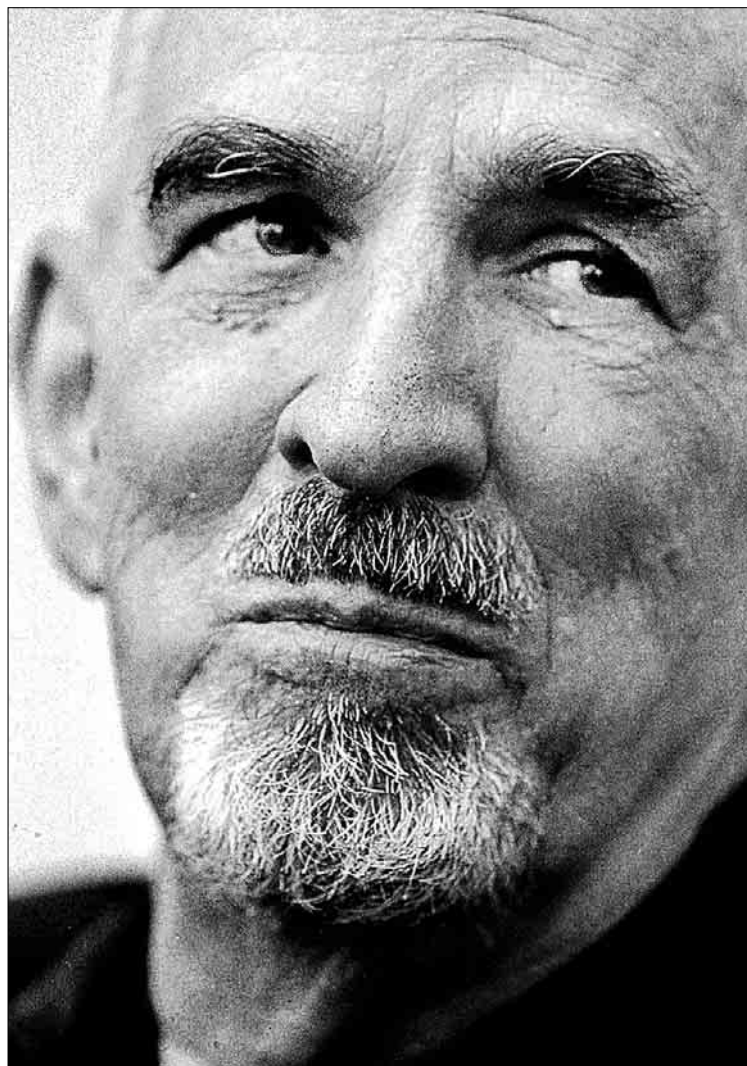
Legendary director and screenwriter Ingmar Bergman dies

MASTER | Ingmar Bergman, an Academy Award-winning Swedish writer-director whose name came to define an entire genre of stark movies about the human condition — such as "The Seventh Seal," "Wild Strawberries" and "The Magician" — died Sunday at his home on Faro Island, Sweden. No cause of death was disclosed for Bergman, who was 89.

The "Bergmanesque" style of intensely personal cinema, in which desire and suffering dominated the character's lives, first gained wide attention in the early 1950s — when many American filmmakers were making soapy dramas or promoting gimmicks like Smell-o-Vision.

In Europe, movie directors such as Jean-Luc Godard and Francois Truffaut helped break visual and narrative rules, but Bergman stood out for dreamy and often disturbingly psychological films that expressed emotional isolation and modern spiritual crises.

Women were especially prominent in Bergman's films and not as cardboard heroines. Confused by their doubts and desires, sometimes entirely driven by their pas-



INNOVATOR: Ingmar Bergman introduced a stark and intensely personal style of filmmaking at a time when many American directors were resorting to gimmicks.

sions, Bergman's female characters usually stood on the brink of mental collapse. Meanwhile, his men were often hapless bystanders, incapable of understanding their own lives, much less those of anyone around them.

"The people in my films are exactly like myself — creatures of instinct, of rather poor intellectual capacity, who at best only think while they're talking," Bergman once said. "Mostly they're body, with a little hollow for the soul."

To Bergman, solace was possible only through erotic and intellectual connections. But he believed people isolate themselves by cloaking their true emotions. He underscored this theme by focusing on characters who were involved in theater and used to disguises and role playing.

For his psychological insight, Bergman won favorable comparisons with August Strindberg, the 19th-century playwright he admired. Bergman was also praised for addressing themes often ignored by his contemporaries.

His marriages to Else Fisher, Ellen Lundstrom, Gun Hagberg and pianist Kabi Laretei ended in divorce. His fifth wife, Countess Ingrid Karlebo von Rosen, died in 1995. Bergman reportedly had nine children. **ADAM BERNSTEIN (AP)**

Today's Top Stops

FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT READEXPRESS.COM

PETE YORN AND GUSTER You, Yourself and Indie



1 Singer-songwriter and guitarist Pete Yorn, who first earned recognition for scoring the film "Me, Myself and Irene," in

2000, plays the Filene Center tonight. He is joined by alt-rock trio Guster, whose members met during freshman orientation at Tufts (aw!) and is known for its unique sound, humor and rather large cult following.

→ *Filene Center, Wolf Trap, 1551 Trap Road, Vienna; 7:30 p.m., \$25-\$36; 703-255-1868.*



IMMORTAL TECHNIQUE Marxist Rap

2 Immortal Technique defies the stereotypical image of today's hip-hop stars with his politically charged lyrics that take aim at corruption in the governmental and social spheres. He is joined by Diabolic and Akir, artists with similar messages and tones.

→ *9:30 Club, 815 V St. NW; 7:30 p.m., \$15; 202-265-0930. (U St.-Cardozo)*

ALLAGASH BEER DINNER Thirst Quencher

3 While the Belgian-style White is the most well-known Allagash, Maine-based brewer Rob Tod shares five of his other beers, including a barrel-aged Scotch ale, tonight at Café Saint-Ex. Oh, and there will be food, too.

→ *Café Saint-Ex, 1847 14th St. NW; 7 p.m., \$50. 202-265-7893.*

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

The Power of Being Unfunny

Drew and Regis are both inoffensive, and therein lies their charm

HOST | Drew Carey has been living a comfortable life of semi-retirement. In a couple of months, he could be Regis Philbin.

Carey was just selected as Bob Barker's replacement on the daytime game show "The Price Is Right," and next week he will debut as the host of "Power of 10," a prime-time game

that CBS has high hopes for.

A daytime hit and commanding presence in prime time — sounds just like Philbin in the "Who Wants to Be a Millionaire" days. And that wouldn't even count the endless reruns of "The Drew Carey Show" in syndication.

"I didn't want to do TV in the first place," he said. "I'd be happy going to soccer games, traveling. I can live off my interest. I don't even have to touch the principal."

But when Michael Davies, for-



He never makes waves with his comedy. He also never makes anyone laugh.

mer producer of "Who Wants to Be a Millionaire," called Carey this spring about "Power of 10," he was intrigued.

The game, which debuts on Aug. 7, tests contestants on how they think fellow Americans responded to questions on culture and politics. A winner can take home a cool \$10 million.

The day after Carey shot the pilot episode of "Power of 10," CBS approached him about replacing Barker. **DAVID BAUDER (AP)**

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Special Report solves the “My home isn’t selling” problem

WASHINGTON METRO – A “Special Report” explodes what its author exposes as “The myth of slow home sales.” In fact, the Report explains, in clear and plain English, how a home owner who wants to sell can not only count on a sale within 120 days but can be guaranteed that the sale will occur.

The Report proves its accuracy by quoting specific local instances in which the technique it describes has sold homes time after time, quickly, efficiently, and at a favorable price.

The author of the report, noted realtor Frank Sanya, has made numerous appearances on both television and radio.

Mr. Sanya states that the Report represents the compendium of his many years of real estate experience and can be of substantial value to homeowners, especially those whose homes have been on the market unsold for a considerable period of time. The author emphasizes that although he does not accept every listing, by following the Report’s procedures he accomplishes a sale in every instance in which he is the broker of record.

The secret, says the Report, is a combination of traits and procedures that consistently result in a successful sale. For a free copy of the Report, go to a private but available Web site – www.WantItSoldNow.com.

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WHO'S YOUR CADDY? (PG-13) DIG (1150 220) 510 735 1015
THE SIMPSONS MOVIE (PG-13) DIG (1130 1200 200 230) 430 500 700 730 930 1000
OC & DA: I NOW PRONOUNCE CHUCK & LARRY (PG-13) DIG 340 940
HAIRSPRAY (PG) DIG (1215 130) 330 435 635 740 930 1035
I NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) DIG (1210 140) 440 640 750 1030
TALK TO ME (R) - ID REQ'D DIG (100) 400 710 950
HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) DIG (105) 410 715 1020
TRANSFORMERS (PG-13) DIG (120) 425 730 1035
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SUNSHINE (R) - ID REQ'D DIG (135 430) 720 1015
HAIRSPRAY (PG) DIG (100 130 410 440) 710 740 1000 1020
I NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) DIG (120 220 405 505) 650 750 935 1035
HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) DIG (1240 110 140 350 420 450) 700 730 800 1010
TRANSFORMERS (PG-13) DIG (1220 315 345) 640 710 955 1025
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TALK TO ME (R) - ID REQ'D DIG (1115 200 445) 745 1030
WHO'S YOUR CADDY? (PG-13) DIG (1145 215 445) 815 1045
NO RESERVATIONS (PG) DIG (1200 230 500) 730 1000
I KNOW WHO KILLED ME (R) - ID REQ'D DIG (1230 300 530) 800 1035
HAIRSPRAY (PG) DIG (1130 100 215 345 515) 645 745 930 1015
I NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) DIG (130 245 415 515) 645 815 930 1045
HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) DIG (1015 115 415) 715 1015
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THE SIMPSONS MOVIE (PG-13) DIG (1200 230 500) 730 1000
HAIRSPRAY (PG) DIG (1130 100 215 400 500) 700 745 945 1030
I NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) DIG (100 400 715 1000
HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) DIG (1240 140 350 450) 700 800 1010
TRANSFORMERS (PG-13) DIG (1130 240) 715 1020
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THE SIMPSONS MOVIE (PG-13) DIG (1215 240 505) 730 955
NO RESERVATIONS (PG) DIG (1120 200 440) 720 1005
WHO'S YOUR CADDY? (PG-13) DIG (1240 315 540) 810 1040
I KNOW WHO KILLED ME (R) - ID REQ'D DIG (1105 150 445) 740 1025
OC & DA: I NOW PRONOUNCE CHUCK & LARRY (PG-13) DIG (500) 1035
I NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) DIG (1125 1155 215 245 530) 750 920
HAIRSPRAY (PG) DIG (1040 100 130 400 430) 725 755 1020
TALK TO ME (R) - ID REQ'D DIG (1055 155 455) 800
HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) DIG (1225 105 340 420) 655 735 1010
LICENSE TO WED (PG-13) DIG (1030 145 515) 830
TRANSFORMERS (PG-13) DIG (1255 355) 645 935
RATATOUILLE (G) DIG (1250 405) 710 1015
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1408 (PG-13) DIG

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I KNOW WHO KILLED ME (R) - ID REQ'D DIG (1110 210 510) 745 1030
WHO'S YOUR CADDY? (PG-13) DIG (1140 250 515) 735 1000
SUNSHINE (R) - ID REQ'D DIG (1040 125 410) 705 950
NO RESERVATIONS (PG) DIG (150 440) 730 1020
THE SIMPSONS MOVIE (PG-13) DIG (1100 1200 130 230 400 500) 640 740 910 1010
OC & DA: I NOW PRONOUNCE CHUCK & LARRY (PG-13) DIG (140) 1025
HAIRSPRAY (PG) DIG (1120 120 220 320 420 520) 620 720
I NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) DIG (1050 1150 240 430 530) 730 830
RESCUE DAWN (PG-13) DIG (105 415) 725 1015
HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) DIG (1215 115 350 450) 710 810 1030
LICENSE TO WED (PG-13) DIG (1130) 850
TRANSFORMERS (PG-13) DIG (1210 110 340 440) 700 800 1020
RATATOUILLE (G) DIG (1250 345) 630 900
LIVE FREE OR DIE HARD (PG-13) DIG (1145 310) 635 930
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NO RESERVATIONS (PG) DIG (1200 230 500) 730 1000
THE SIMPSONS MOVIE - DIGITAL PROJECTION (PG-13) DIG (1215 245 515) 745 1015
I KNOW WHO KILLED ME (R) - ID REQ'D DIG (1130 200 430) 700 930
HAIRSPRAY (PG) DIG (1100 1135 145 215 425 455) 705 735 945
I NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) DIG (1105 1140 150 220 435 500) 720 750 1005 1035
HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) DIG (100 400) 700 1000
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RESCUE DAWN (PG-13) DIG (1220 330) 720 1020
SUNSHINE (R) - ID REQ'D DIG (1240 350) 725 1000
I KNOW WHO KILLED ME (R) - ID REQ'D DIG (1230 340) 740 1015
WHO'S YOUR CADDY? (PG-13) (1200 220 440) 745 1010
RATATOUILLE-DIGITAL PROJECTION (G) DIG (1250 400) 650 930
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NO RESERVATIONS (PG) DIG (145 420) 715 1000
I KNOW WHO KILLED ME (R) - ID REQ'D DIG (200 445) 745 1040
HAIRSPRAY (PG) DIG (100 150 400 450) 700 800 950 1050
I NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) DIG (120 215) 730 815
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HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) DIG (1245 145 400 500) 715 815 1030
TRANSFORMERS (PG-13) DIG (1215 115 330 430) 645 800 1015
RATATOUILLE (G) DIG (1245 345) 645 945
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NO RESERVATIONS (PG) DIG (215 515) 745 1035
THE SIMPSONS MOVIE (PG-13) DIG (1200 230 500) 730 1000
HAIRSPRAY (PG) DIG (100 145 400 445) 700 745 945 1030
I NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) DIG (115 200 400) 715 800 1000
TALK TO ME (R) - ID REQ'D DIG (200 500) 800 1040
RESCUE DAWN (PG-13) DIG (1200 300) 715 1015
HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) DIG (1215 115 345 430) 645 730 1030
LICENSE TO WED (PG-13) DIG (945 PM
TRANSFORMERS (PG-13) DIG (1235 340) 645 1010
RATATOUILLE (G) DIG (130 415) 700 935
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NO RESERVATIONS (PG) DIG (1140 210 445) 740 1010
THE SIMPSONS MOVIE - DIGITAL PROJECTION (PG-13) DIG (1130 200 430) 700 930
I KNOW WHO KILLED ME (R) - ID REQ'D DIG (100 345) 720 1005
HAIRSPRAY (PG) DIG (1225 105 310 425) 710 745 1005 1025
I NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) DIG (1230 115 330 420) 650 725 935 1015
HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) DIG (1220 120 240 325 440) 630 800 945
LICENSE TO WED (PG-13) DIG (1150) AM
TRANSFORMERS (PG-13) DIG (1125 250) 625 645 940 955
RATATOUILLE (G) DIG (110 355) 705 940
LIVE FREE OR DIE HARD (PG-13) DIG (1240 350) 640 945

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703-998-4AMC

PRESENTED IN DIGITAL PROJECTION

RATATOUILLE (G) 1:45, 4:25, 7:10, 10:10
I KNOW WHO KILLED ME (R) 1:20, 4:00, 7:00, 9:50
NO RESERVATIONS (PG) 1:20, 5:20, 8:00, 10:30
THE SIMPSONS MOVIE (PG13) 1:20, 1:10, 2:00, 2:40, 3:30, 4:20, 5:00, 5:50, 6:40, 7:20, 8:15, 9:00, 9:40, 10:25
WHO'S YOUR CADDY? (PG13) 12:40, 3:05, 5:35, 8:05, 10:20
HAIRSPRAY (PG) 12:10, 1:50, 3:00, 4:50, 6:00, 7:40, 8:40, 10:30
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 1:40, 2:30, 4:30, 5:30, 7:30, 8:30, 10:20
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 1:40, 4:30, 7:30, 10:20
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:00, 1:30, 2:10, 3:20, 4:40, 5:40, 6:25, 7:50, 9:10
LICENSE TO WED (PG13) 12:25, 2:50
TRANSFORMERS (PG13) 1:35, 3:10, 5:15, 6:30, 8:35, 10:00
RATATOUILLE (G) 12:30, 3:15, 5:55
LIVE FREE OR DIE HARD (PG13) 2:25, 5:25, 8:25
1408 (PG13) 5:05, 7:30, 9:55
EVAN ALMIGHTY (PG) 12:50, 3:25
OCEAN'S THIRTEEN (PG13) 9:30 PM
KNOCKED UP (R) 5:45, 8:55

AMC SELECT

RESCUE DAWN (PG13) 2:05, 5:10, 8:10
SUNSHINE (R) 1:00, 3:40, 6:10, 8:50
SICKO (PG13) 8:45

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

PRESENTED IN DIGITAL PROJECTION

RATATOUILLE (G) 1:10, 4:05, 6:50, 9:30
I KNOW WHO KILLED ME (R) 2:10, 4:40, 7:30, 10:00
NO RESERVATIONS (PG) 1:45, 4:20, 7:05, 9:45
THE SIMPSONS MOVIE (PG13) 12:10, 1:05, 2:30, 3:30, 4:50, 5:50, 7:15, 8:15, 9:40, 10:30
WHO'S YOUR CADDY? (PG13) 12:30, 2:50, 5:25, 7:55, 10:15
HAIRSPRAY (PG) 1:00, 2:05, 3:45, 4:45, 6:35, 7:40, 9:25, 10:20
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 12:00, 1:30, 2:35, 4:10, 5:10, 7:00, 7:50, 8:50, 10:30
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 1:30, 4:10, 7:00, 9:50
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:05, 3:10, 6:10, 7:10, 9:20, 10:20
LICENSE TO WED (PG13) 12:15, 2:40, 5:00
TRANSFORMERS (PG13) 1:50, 5:15, 8:30, 9:30, 9:55
LIVE FREE OR DIE HARD (PG13) 1:15, 4:15, 7:25, 10:25
EVAN ALMIGHTY (PG) 1:35, 3:55

AMC SELECT

TALK TO ME (R) 2:15, 5:05, 7:45, 10:25
RESCUE DAWN (PG13) 1:20, 4:25, 7:20, 10:10
SUNSHINE (R) 2:20, 4:55, 7:35, 10:05

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

PRESENTED IN DIGITAL PROJECTION

RATATOUILLE (G) 1:30, 4:20, 7:10, 10:05
I KNOW WHO KILLED ME (R) 12:15, 2:50, 5:30, 8:10, 10:40
NO RESERVATIONS (PG) 2:05, 4:45, 7:30, 10:10
THE SIMPSONS MOVIE (PG13) 12:15, 2:40, 4:50, 7:15, 9:40
HAIRSPRAY (PG) 1:20, 2:20, 4:10, 5:10, 7:00, 8:00, 9:55, 10:45
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 1:50, 4:40, 7:35, 10:25
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 1:15, 3:30, 4:30, 6:45, 7:45
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 1:15, 4:30, 7:45
TRANSFORMERS (PG13) 12:40, 4:00, 7:20, 10:40
LIVE FREE OR DIE HARD (PG13) 12:45, 3:45, 6:50, 9:50
OCEAN'S THIRTEEN (PG13) 12:35 PM
KNOCKED UP (R) 10:00 PM

AMC SELECT

RESCUE DAWN (PG13) 1:25, 4:25, 7:20
SUNSHINE (R) 1:45, 4:25, 7:05, 9:45
SICKO (PG13) 2:00, 4:55, 7:50, 10:45

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

AMC SELECT

RESCUE DAWN (PG13) 1:50, 4:40, 7:10
SUNSHINE (R) 1:40, 4:20, 7:00
GOYA'S GHOSTS (R) 1:30, 4:10, 7:00
YOU KILL ME (R) 2:20, 7:40
EVENING (PG13) 4:50
SICKO (PG13) 2:10, 4:40, 7:20
VITUS (PG) 2:00, 4:30, 7:30
LA VIE EN ROSE (PG13) 2:00, 5:00, 8:00

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
410-423-0520

I KNOW WHO KILLED ME (R) 12:30, 3:05, 5:40, 8:20, 11:05
NO RESERVATIONS (PG) 11:30, 2:20, 4:55, 7:30, 10:05
THE SIMPSONS MOVIE (PG13) 11:35, 12:55, 2:00, 3:20, 4:35, 5:45, 7:00, 8:10, 9:25, 10:35
HAIRSPRAY (PG) 12:10, 1:50, 3:10, 4:50, 6:10, 7:40, 9:10, 10:30
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 11:20, 2:10, 5:10, 8:00, 10:50
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:20, 1:30, 3:30, 4:40, 6:40, 7:50, 9:50
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 1:30, 4:40, 7:50
LICENSE TO WED (PG13) 11:00 PM
LICENSE TO WED (PG13) 11:00 PM
TRANSFORMERS (PG13) 11:45, 1:05, 3:00, 4:15, 6:20, 7:25, 9:30
RATATOUILLE (G) 1:40, 4:25, 7:10, 9:55
LIVE FREE OR DIE HARD (PG13) 11:25, 2:15, 5:15, 8:05, 10:55
KNOCKED UP (R) 10:40 PM

AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road
703-971-3991

NO RESERVATIONS (PG) 5:00, 7:35
THE SIMPSONS MOVIE (PG13) 1:00, 3:15, 5:30, 7:50, 10:15
HAIRSPRAY (PG) 4:20, 7:00
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 2:00, 4:50, 7:40, 10:30
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:30, 3:30, 7:00, 10:00
TRANSFORMERS (PG13) 4:40, 7:15, 8:00
RATATOUILLE (G) 1:30, 4:30, 7:15, 9:55
LIVE FREE OR DIE HARD (PG13) 4:15, 7:30
EVAN ALMIGHTY (PG) 5:15, 7:45

LOEWS RIO CINEMAS 18

9811 Washingtonian Boulevard
301-948-0906

PRESENTED IN DIGITAL PROJECTION

RATATOUILLE (G) 1:40, 4:25, 7:10, 9:50
I KNOW WHO KILLED ME (R) 12:45, 3:40, 6:30, 9:10
NO RESERVATIONS (PG) 1:40, 4:20, 7:00, 9:40
THE SIMPSONS MOVIE (PG13) 1:00, 1:50, 3:15, 4:10, 5:30, 6:30, 7:50, 9:00, 10:15
WHO'S YOUR CADDY? (PG13) 2:10, 4:30, 7:15, 9:40
HAIRSPRAY (PG) 12:50, 2:00, 3:25, 4:35, 6:10, 7:20, 8:45, 10:00
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 1:30, 2:20, 4:10, 5:10, 7:00, 7:50, 9:45, 10:30
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 2:20, 5:10, 7:50, 10:30
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 1:00, 3:30, 4:15, 6:40, 7:30, 10:00, 10:30
LICENSE TO WED (PG13) 12:50, 2:50
TRANSFORMERS (PG13) 1:35, 4:40, 6:20, 7:50, 9:30
RATATOUILLE (G) 12:45, 3:30
LIVE FREE OR DIE HARD (PG13) 1:35, 4:30, 7:35, 10:25
KNOCKED UP (R) 5:10, 7:55, 10:35

AMC SELECT

RESCUE DAWN (PG13) 1:10, 4:15, 7:05, 10:10
SUNSHINE (R) 1:50, 4:45, 7:45, 10:20

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

I KNOW WHO KILLED ME (R) 12:05, 2:30, 5:00, 7:25, 10:10
NO RESERVATIONS (PG) 12:40, 3:10, 5:40, 8:10, 10:40
THE SIMPSONS MOVIE (PG13) 1:00, 3:15, 5:30, 7:50, 10:15
WHO'S YOUR CADDY? (PG13) 12:20, 2:35, 4:45, 7:05, 9:35
HAIRSPRAY (PG) 1:40, 4:20, 7:00, 9:45
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 1:45, 4:25, 7:15, 10:05
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:35, 3:35, 6:45, 10:00
TRANSFORMERS (PG13) 12:45, 4:15, 7:20, 10:25
RATATOUILLE (G) 1:30, 4:30, 7:30, 10:30
LIVE FREE OR DIE HARD (PG13) 12:55, 3:55, 6:55, 9:55
1408 (PG13) 12:30, 3:00, 5:20, 8:00, 10:20

AMC SELECT

TALK TO ME (R) 1:35, 4:35, 7:35, 10:35

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

PRESENTED IN DIGITAL PROJECTION

RATATOUILLE (G) 1:25, 4:10, 6:50, 9:35
I KNOW WHO KILLED ME (R) 11:25, 2:05, 4:50, 7:40, 10:30
NO RESERVATIONS (PG) 11:15, 1:55, 4:35, 7:25, 10:10
THE SIMPSONS MOVIE (PG13) 11:50, 1:05, 2:10, 3:25, 4:30, 5:45, 7:00, 8:10, 9:20, 10:35
HAIRSPRAY (PG) 1:15, 4:20, 7:15, 10:25
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 11:45, 1:10, 2:45, 4:15, 5:40, 7:20, 8:40, 10:05
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 1:10, 4:15, 7:20, 10:05
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 11:10, 12:50, 2:20, 3:50, 5:30, 7:05, 8:35, 10:15
LICENSE TO WED (PG13) 11:30, 5:10, 10:20
TRANSFORMERS (PG13) 12:30, 3:45, 7:10, 8:45, 10:45
RATATOUILLE (G) 12:00, 2:50, 5:50
LIVE FREE OR DIE HARD (PG13) 11:00, 1:55, 4:55, 7:55, 10:55
EVAN ALMIGHTY (PG) 12:05, 2:40, 5:20
OCEAN'S THIRTEEN (PG13) 2:00, 7:30
KNOCKED UP (R) 7:50, 10:50

AMC SELECT

RESCUE DAWN (PG13) 1:00, 4:10, 7:35, 10:40

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

NO RESERVATIONS (PG) 1:50, 4:50, 7:30, 10:00
THE SIMPSONS MOVIE (PG13) 1:00, 3:15, 5:30, 7:50, 10:15
HAIRSPRAY (PG) 1:20, 4:30, 7:20, 10:05
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 1:40, 4:40, 10:20
TRANSFORMERS (PG13) 12:50, 4:00, 7:05, 10:10
RATATOUILLE (G) 1:30, 4:20, 7:00, 9:40
LIVE FREE OR DIE HARD (PG13) 1:10, 4:10, 7:10, 10:10

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

NO RESERVATIONS (PG) 1:20, 2:50, 5:10, 7:40, 10:10
THE SIMPSONS MOVIE (PG13) 1:00, 3:15, 5:30, 7:50, 10:15
HAIRSPRAY (PG) 1:20, 4:30, 7:20, 10:05
RATATOUILLE (G) 12:00, 2:40, 5:20, 8:00, 10:30
LIVE FREE OR DIE HARD (PG13) 1:10, 4:10, 7:10, 10:00
OCEAN'S THIRTEEN (PG13) 1:30, 7:30
KNOCKED UP (R) 4:40, 10:20

AMC SELECT

TALK TO ME (R) 12:05, 2:45, 5:30, 8:10, 10:45
RESCUE DAWN (PG13) 1:20, 4:00, 7:00, 9:50

LOEWS DUPONT 5

1350 19th St.
1-800-FANDANGO #711

I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 2:00, 5:00, 8:00
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 1:00, 4:00, 7:00
KNOCKED UP (R) 7:15
GOYA'S GHOSTS (R) 1:45, 4:45, 7:45
VITUS (PG) 1:30, 4:30, 7:30
A MIGHTY HEART (R) 1:15, 4:15

LOEWS WHITE FLINT 5

North Bethesda
1-800-FANDANGO #741

NO RESERVATIONS (PG) 2:10, 4:30, 7:10, 9:35
THE SIMPSONS MOVIE (PG13) 1:50, 4:10, 7:00, 9:25
HAIRSPRAY (PG) 2:30, 5:00, 7:40, 10:15
I NOW PRONOUNCE YOU CHUCK & LARRY (PG13) 2:00, 4:40, 7:30, 10:05
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 1:40, 4:25, 7:15, 10:05

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:00, 3:10, 6:30, 9:30

Times for Tuesday, July 31, 2007

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National Institutes of Health, Department of Health & Human Services



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Entertainment



SUITABLY INTIMIDATING: Kelly Osbourne, daughter of Ozzy, has joined the cast of London's Cambridge Theater to play the part of prison matron Mama Morton in the musical "Chicago." The show will debut Sept. 10 and run for seven weeks.

Well Beyond His Years

Teen sensation Sean Kingston vocalizes heartbreak like a pro

YOUNGSTER | The person who makes you the happiest can hurt you the most — just ask 17-year-old Sean Kingston. "I was going out with this girl for two years — the most beautiful girl in school — but she cheat-

ed on me with my best friend," the Miami-born, Jamaica-bred rapper-songwriter says about his first heartbreak.

The experience, though, served as inspiration for the record-setting, J.R. Rotem-produced "Beautiful Girls," from his self-titled debut, due July 31 via Beluga Heights/Epic Records. The single, which samples Ben E. King's 1961 classic "Stand



The 17-year-old's self-titled debut hits stores today featuring "Beautiful Girls."

by Me," entered the Hot 100 Air-play chart in June at No. 58 and in just four weeks jumped to No. 5, the quickest climb by a new male artist since Lou Bega in 1999.

DJ Felli Fel, who first aired the record in May at KPWR (Power 106) Los Angeles, says he knew the song was going to be huge at first listen. "When I received the record through J.R., I immediately called him and

said, 'Do you guys know you have a hit in your hands?'"

Kingston, whose grandfather is Bob Marley & the Wailers producer Jack Ruby, discovered his affinity for music at 10, when he wrote his first song over an Alicia Keys beat. His mother was so impressed that she started to invest in studio time for Kingston. With her support, Kingston spent the next few years penning tracks and recording music.

"Some artists are a vehicle for their songs, but the thing about Sean is that he is truly a hybrid artist," Rotem says. "His style and voice are so unique and the music is proof of that." **MARIEL CONCEPCION (BILLBOARD)**

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THE INTERVIEW



"If an IT employer has a wish list of 10 items... you'd better have at least 9 of them."

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IMMORTALIZED ON DISC: Stephen Colbert thought he had it all (he does have an Ontario Hockey League mascot named Steagle Colbeagle the Eagle), but now he'll have his own DVD, which will feature highlights from "The Colbert Report."

ON TV TONIGHT

MAYBE THIS ONE'S BEARABLE

The documentary **DISHING DEMOCRACY** (10 p.m., PBS) looks at the cast and crew of an Arabic-language women's show modeled after "The View."

THE FAT HAS BEEN SKIMMED

The top 10 compete on **AMERICA'S GOT TALENT** (8 p.m., NBC).

BUT DID IT WORK?

The transformation comes to an end on **SHAQ'S BIG CHALLENGE** (9 p.m., ABC).

FOR A DOCTOR WITHOUT A SOUL

A patient without feeling on **HOUSE** (9 p.m., Fox).

THE ORIGINAL ORIGINAL

Beneath its upbeat music and campy veneer, John Waters' 1988 comedy **HAIRSPRAY** (9 p.m., Family) sends up bigotry, snobbery and human cruelty.



PUNCH YOURSELF SKINNY! Shaq battles obesity in youths on ABC.

MURDER STOPS BEING POLITE

Sleuths sift through evidence and try to solve real homicides on **MURDER** (10 p.m., Spike), produced by the folks who brought you "The Real World."

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Real Dose of Crazy

Reality TV is nothing like real life on the newest Bravo series

REALTOR | Nobody goes to the movies or watches TV for an accurate depiction of "real" life. Entertainment often provides a circus mirror image of events and trends, offering a nearly perverse diversion from reality. During the Depression, half the movies seemed to be about millionaires throwing parties or Fred Astaire dancing in top hats and tails.

More recently, that nutty gang on "Friends" could live in palatial



YOU OK, BUDDY? Jeff Lewis looks like he's going to lose it on "Flipping Out."

apartments and hardly ever go to work. Did they provide a vicarious thrill to the increasing number of 20- and even 30-something viewers still living at home with their parents?

It's little surprise to me that "Flipping Out" (10 p.m., Bravo) becomes the latest in a line of shows to celebrate real estate speculation in the teeth of a souring housing market. This isn't only about real estate; it's about a colorful character, Jeff Lewis. He's an obsessive and compulsive businessman juggling half a dozen deals at a time and certain that he can make a bundle on each. And Jeff has a wacky crew of personal assistants — and a menagerie of pets, including a monkey. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

7:31:07	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
LOCAL CHANNELS	WRC	4 News (N) [66]		NBC Nightly News	Access Hollywood	America's Got Talent The top 10 contestants compete. [1]		The Singing Bee	Law & Order: Special Victims Unit [1]		News (N) [66]	Tonight Show		
	WTTG	5 Seinfeld [1] [66]	The Simpsons [1]	The Simpsons [1]	Seinfeld [1] [66]	On the Lot (S Live) (PA) [66]		House "Insensitive" [1] (PA) [66]	News (N)		News (N)	Every-Raymond		
	WJLA	7 News (N) [66]	ABC Wild News	Wheel of Fortune	Jeopardy! [66]	Just For Laughs		Shaq's Big Challenge [1] [66]	Primetime: Family Secrets [66]		News (N) [66]	(35) Nightline (N)		
	WUSA	9 News (N) [66]	Evening News	News	Entertainment	NCIS "Escaped" [1] [66]		Big Brother 8 (N) [1] [66]	48 Hours Mystery [1] [66]		News (N) [66]	Late Show		
	WDCA	20 Judge Judy [66]	Judge Joe Brown	Scrubs [1] [66]	Scrubs [1] [66]	** "The Favor" (1994) Harley Jane Kozak, Elizabeth McGovern. [1] [66]			Still Standing [1]	Still Standing [1]	Malcolm-Mid.	Malcolm-Mid.		
	WMPT	22 The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova "NOVAscienceNOW" [1]		Frontline "Living Old" [66] (DVS)	Wide Angle "Dishing Democracy" [1]		Sleeping-Fires	Roadshow FYI		
	WETA	26 BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova "NOVAscienceNOW" [1]		Washington Nationals Access	Wide Angle "Dishing Democracy" [1]		Charlie Rose (N) [1] [66]			
	WHUT	32 World Business	Tavis Smiley [1]	BBC World News	Moneywise	Mystery! "Miss Marple, Series III: Towards Zero" [1]		Generation	BBC World News		Tavis Smiley [1]	Charlie Rose (N) [1] [66]		
	WDCW	50 My Wife and Kids	My Wife and Kids	Friends [1] [66]	Friends [1] [66]	Gilmore Girls [1] [66]		Beauty and the Geek [1] [66]	Will & Grace [1]		Will & Grace [1]	Sex and the City	Sex and the City	
BASIC CABLE	A&E	Cold Case Files [66]		CSI: Miami "MIA/NYC - NonStop" [1]	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Criss Angel	Criss Angel	Criss Angel	Criss Angel		
	Animal	The Crocodile Hunter Diaries [66]		The Most Extreme	Foiled by Nature	** "Air Bud" (1997) Michael Jeter. A boy's new dog is a basketball whiz.			Animal Cops Houston Pig rescue.	The Most Extreme	Foiled by Nature			
	BET	106 & Park: BET's Top 10 Live Sean Kingston. (N) [66]		Hell Date (N)		** "Lockdown" (2000, Drama) Richard T. Jones, Gabriel Casseus. [66]			Baldwin Hills (N)	S.O.B.: Socially	Take the Cake (Live) [66]			
	Bravo	Million Listing		Flipping Out	The Singing Bee	Kathy Griffin: My Life on the D-List		Kathy Griffin: My Life on the D-List	Flipping Out "Top" [66]		Flipping Out "Top" [66]			
	Comedy	(5:00) ** "Blankman" (1994) [66]		Scrubs [1] [66]	Scrubs [1] [66]	Daily Show	Colbert Report	Reno 911! [66]	South Park [66]	Mind of Mencia	Mind of Mencia	Daily Show	Colbert Report	
	Court	World's Wildest Police Videos [66]		Cops [1] [66]	Cops [1] [66]	Cops [1] [66]	Cops [1] [66]	Forensic Files	Forensic Files	Dunne: Power, Privilege & Justice		North Mission	Haunting Evid.	
	Discovery	Dirty Jobs: Jobs That Bite		Dirty Jobs: Jobs That Bite		Dirty Jobs: Jobs That Bite... Harder		Shark Feeding Frenzy Sharks. (N)	Shark Rebellion [66]		Prowling Sharks in the Mediterranean			
	DISCH	Code Blue [66]		Impact: Stories of Survival [66]		14 Children and Pregnant Again!		Paralyzed and Pregnant [66]	Sextuplets and Twins		14 Children and Pregnant Again!			
	Disney	Zack & Cody	Zack & Cody	Hannah Montana	Zack & Cody	** "The Country Bears" (2002, Comedy)		Christopher Walken. [1] [66]	That's So Raven		Life With Derek	Zack & Cody	Hannah Montana	
	E!	Sunset Tan	Sunset Tan	E! News (N)	The Daily 10 (N)	Wedding Do's and Don'ts		Expensive Celebrity Weddings	Simple Life		Simple Life	E! News	Chelsea Lately (N)	
	FX	(4:30) *** "Speed" (1994, Action) Keanu Reeves.			** "The Day After Tomorrow" (2004, Action) Dennis Quaid, Jake Gyllenhaal, Ian Holm.				Damages (N)		(:05) Damages			
	HGTV	Look What I Did!		What's-House?	If Walls Could	House Hunters	Designed to Sell	My First Place	Decorating Cents	24 Hour Design	House Hunters	My Kitchen	House Worth?	Hidden Potential
	Family	8 Simple Rules [1]		8 Simple Rules [1]	*** "Hairspray" (1988, Comedy) Ricki Lake, Divine. Premiere. [66]				*** "Hairspray" (1988, Comedy) Ricki Lake, Divine, Jerry Stiller. [66]			The 700 Club [66]		
	History	Ancient Discoveries [66]		Barbarian Battle Tech		Modern Marvels: '60s Tech [66]			The Universe "Alien Galaxies" (N)	Ice Road Truckers [66]		Lost Worlds Athens: senate house.		
	Lifetime	Reba [1] [66]	Reba [1] [66]	Still Standing [1]	Still Standing [1]	Reba [1] [66]	Reba [1] [66]	"Identity Theft: The Michelle Brown Story" (2004) Kimberly Williams-Paisley.			Will & Grace [1]	Will & Grace [1]		
	MTV	Next [1]	Parental Control	Scarred [1]	Scarred [1]	Room 401 [1]	Room 401 [1]	Jackass [1]	Scarred [1]	Room 401 (N) [1]	Scarred (N) [1]	Pimp My Ride [1]	Pimp My Ride [1]	
	NICK	Ned's School	Zoe 101 [66]	Fairly OddParents	Jimmy Neutron	Drake & Josh [1]	SpongeBob	Home Videos	Fresh Prince	Fresh Prince	Fresh Prince	Fresh Prince	Fresh Prince	
	SCI FI	Stargate SG-1 "The Curse" [1] [66]		Tru Calling "Morning After" [1] [66]		Tru Calling "Closure" [1] [66]		Eureka Parallel universe. (N) [1] [66]		ECW ECW Champion John Morrison.	Who Wants to Be a Superhero? [1]			
	SPIKE	CSI: Crime Scene Investigation [66]		CSI: Crime Scene Investigation [1]		CSI: Crime Scene Investigation [1]		CSI: Crime Scene Investigation [1]		Murder "Hometown Homicide"	Murder "Hometown Homicide"			
	TBS	Seinfeld [66]	Seinfeld [66]	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Bill Engvall	Every-Raymond	Every-Raymond	Every-Raymond	Bill Engvall	Sex and the City	
TLC	Flip That House	Flip That House	Mostly True Stories: Urban Legends		Sports Disasters "Extreme Danger"		Miami Ink "Viva Las Vegas"		Miami Ink "Nothing Lasts Forever"		Miami Ink "Kat's Cooking" [66]			
TNT	Law & Order "Hubris" [66] (DVS)		Law & Order "DR 1-102" [1]		Law & Order "Shrunk" [66] (DVS)		Law & Order "Positive" [1]		The Closer "Four to Eight" [66]		Without a Trace "Blood Out" [66]			
USA	Law & Order: Special Victims Unit [1]		Law & Order: Criminal Intent [66]		Law & Order: Special Victims Unit [1]		Law & Order: Special Victims Unit [1]		** "2 Fast 2 Furious" (2003, Action) Paul Walker, Tyrese. [66]		Rock of Love With Bret Michaels [1]		Scott Baio, 45	Women Seek
VH1	100 Most Wanted Bodies "Hour 2"		100 Most Wanted Bodies "Hour 3"		100 Most Wanted Bodies "Hour 4"		100 Most Wanted Bodies "Hour 5"							
SPANISH	TELEM	Daniela	Noti-Telemundo	Dame Chocolate	Madre Luna		La Esclava Isaura		La Esclava Isaura		Noti-Telemundo	12 Corazones		
	UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón	Amar sin Limites		Destilando Amor		S.O.S. Sexo y Otros Secretos		Primer Impacto	Noticiero Univ.		
SPORTS	ESPN	SportsCenter (Live) [66]		NFL Live [66]	2007 World Series of Poker (Taped)		2007 World Series of Poker (Taped)		The Bronx Is Burning (N) [66]		SportsCenter (Live) [66]			
	ESPN2	NASCAR Now	Football Live	Honor Roll (N) [66]	WNBA Basketball Detroit Shock at San Antonio Silver Stars. (Live) [66]		WNBA Basketball Sacramento Monarchs at Seattle Storm. (Live) [66]		WNBA Basketball Sacramento Monarchs at Seattle Storm. (Live) [66]					
	CSN	Washington	SportsNite [66]	Train Camp	Terrapins Rising	Terrapins Rising	Washington Post Live		SportsNite [66]	Train Camp	Best Damn Top 50 Blowups (Live)			
NEWS	CNN	Lou Dobbs Tonight [66]	The Situation Room		Paula Zahn Now [66]		Larry King Live [66]		Anderson Cooper 360 [66]					
	FNC	Special Report (Live) [66]	The Fox Report With Shepard Smith		The O'Reilly Factor (Live) [66]		Hannity & Colmes (Live) [66]		On the Record-Van Susteren		The O'Reilly Factor			
	MSNBC	Tucker (Live)	Hardball [66]		Countdown With Keith Olbermann		MSNBC News Live		Lockup "Return to Valley State"		MSNBC Investigates: Held Hostage			
MOVIES	AMC	(5:30) *** "Dante's Peak" (1997, Action) Pierce Brosnan. PG-13 [66]				*** "GoodFellas" (1990) Robert De Niro, Ray Liotta. An Irish-Italian hood joins the 1950s New York Mafia. 'R'				*** "GoodFellas" (1990) 'R'				
	TCM	(4:45) *** "It's a Mad, Mad, Mad, Mad World" (1963) Spencer Tracy. 'G'				** "A Guy Named Joe" (1943, Fantasy) Spencer Tracy. 'NR' [66] (DVS)		(:15) *** "Test Pilot" (1938, Adventure) Clark Gable, Myrna Loy. 'NR' [66]						
	HBO	** "You've Got Mail" (1998, Romance-Comedy) Tom Hanks. [1] PG [66]				Bourne Uil.		*** "Inside Man" (2006, Suspense) Denzel Washington. [1] R [66]		Rush Hour 3		Entourage [66]		
	MAX	* King's Ransom * "Fair Game" (1995) Cindy Crawford. [1] R [66]				** "The Fast and the Furious: Tokyo Drift" (2006) [66]		(:45) Sin Salida [1] [66]		** "The Oh in Ohio" (2006) Parker Posey. [1] R [66]		Sin City Diaries		
	SHOW	(5:15) ** "Madison" (2001) PG				** "Bad News Bears" (2005) Billy Bob Thornton. iTV. [1] PG-13 [66]		Meadowlands (ITV) [1] [66]		"2001 Maniacs" (2005) Robert Englund. iTV. [1] R [66]		** Waiting ...		
	TMC	(5:05) *** "Of Mice and Men"				** "Dreamland" (2006) Agnes Bruckner. PG-13 [66]		"California Dreaming" (2007) Dave Foley. 'NR'		** "The Honeymooners" (2005) Cedric the Entertainer.		** Malice 'R'		
	STARZ!	(5:10) * "Forever Mine" (1999) 'R'		(:15) ** "Christmas With the Kranks" (2004) Tim Allen. [1] PG [66]		** "The Covenant" (2006) Steven Strait. [1] PG-13 [66]		* "RV" (2006) Robin Williams. [1] PG [66]						
	ENCORE	(5:45) *** "The Preacher's Wife" (1996) Denzel Washington. [1] PG [66]				*** "Crimson Tide" (1995, Suspense) Denzel Washington. [1] R [66]		*** "He Got Game" (1998, Drama) Denzel Washington. [1] R [66]						

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Major Depression is a serious medical illness affecting 15 million American adults yearly through a persistent combination of symptoms, that significantly interfere with the ability to work, sleep, eat, and enjoy once pleasurable activities.

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Healthy Adult Volunteers Needed

HIV is a global epidemic. Currently, 38 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2005, 4 million people were newly infected with HIV, a rate of more than 11,000 infections each day. Approximately, 10 of every 1000 adults ages 15 to 49 worldwide are HIV infected.

The world is in desperate need of a vaccine for the prevention of HIV infection.

Will you help?

Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

If you are a healthy person between the ages of 18-40, are not currently in the US military and available for 12 months, you may be qualified to participate in a study evaluating this vaccine.

This experimental vaccine does not cause HIV infection.

Please call:

301-251-8351

www.hivresearch.org/clinical-trials

You will be compensated for your time.

Are you bothered by the pain and urgency of Irritable Bowel Syndrome?

Washington Gastroenterology is currently in search of female volunteers for a research study testing an investigational medication for the treatment of Irritable Bowel Syndrome and associated diarrhea.

Qualified study participants must be at least 18 years of age and otherwise healthy. IF you are eligible to participate all laboratory and professional services for this research study are provided at no cost to you. You may also be compensated for your time and travel.

For more information, please call 410-465-2455

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Participants Wanted for Research Study

The National Center for Health Statistics is looking for persons aged 18 and over to test questions that may be used on a national survey. Anyone may participate but we are particularly interested in women who have children 8-17 years of age. We would like to talk to you if you have had an HPV virus vaccine, colonoscopy, pap test, tetanus shot, hepatitis vaccine, or mammogram. The interview will be no longer than 60 minutes and participants will receive \$40.

For More Information,
Please call Karen at **301-458-4676**

Centers for Disease Control and Prevention
National Center for Health Statistics

DIABETES?

Do you have diabetes and nerve pain in your legs, feet &/or hands? .. a condition called painful diabetic neuropathy

You may be eligible to participate in a 12 week research study that will examine the safety and effectiveness of an investigational medication that may help control painful neuropathy (pain caused by diabetes changes in nerves in the hands and feet). To qualify for this study, you must be 18 - 75 years old, have Type 1 or 2 Diabetes and painful diabetic peripheral neuropathy.

If you qualify, you will receive at no cost:

- Study medication
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- Compensation for travel to clinic for study visits.

For more information call:

Patricia Julien-Williams RN, MSN, CANP
Clinical Research Coordinator

MedStar Diabetes Institute @ Washington Hospital Center
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This study is sponsored by the National Institute of Health

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Anxiety Disorder and may qualify for this research
study. Participants will receive study-related
medical care at no cost.

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Volunteers Needed for an Investigational Nasal Vaccine Study

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To study the safety of an experimental
vaccine to prevent diarrhea

You may be eligible to participate if you are:

- Between the ages of 18 and 45- Very healthy
(non-smoker and no known allergies)- available for 10
outpatient visits (over a 2-month period)
and a 6-month follow-up phone call

You will be provided:

- A no-cost health screening
- Compensation for your time and effort

Where:

Walter Reed Army Institute of Research in Silver Spring, MD

Contact:

- 1.866.856.3259 toll free
- 301-319-9335/9320
- www.ARMYClinicalTrials.com

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Worried? Anxious? Tense?



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SURPRISING NO ONE: Spanish rider Iban Mayo tested positive for EPO during the final week of the Tour de France, his team said Monday in a statement. A second test is needed to confirm the initial positive result for Mayo, who finished 16th in cycling's biggest event.



Sports

In Brief



L.A.'s David Beckham, center, will sit out again in Tuesday's game at FC Dallas.

SOCCER

Beckham Is Out for the 3rd Consecutive Galaxy Game

David Beckham will miss his third consecutive game when the Los Angeles Galaxy play at FC Dallas on Tuesday night in the SuperLiga tournament, raising doubts about whether he'll make his Major League Soccer debut this weekend at Toronto. Beckham has yet to train with the Galaxy because of an injured left ankle. He has been limited to a token appearance at a public training session July 16. (AP)

BASEBALL

Braves Near Deal for Teixeira

Power-hitting Mark Teixeira was on the brink of being traded from the Texas Rangers to Atlanta, giving the Braves the big bat they want for their pennant push. The Braves, who have struggled at first base all season, were set to send rookie catcher Jarrod Saltalamacchia and three prospects to Texas for Teixeira and reliever Ron Mahay. (AP)

Winning Is Just Outside D's Reach

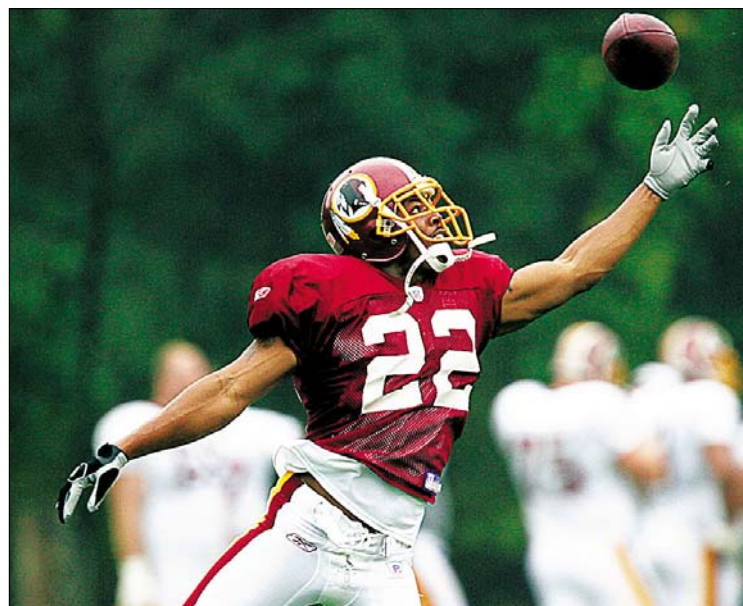
To turn things around, Redskins are looking for more turnovers

REDSKINS | On the first play of the first 7-on-7 drill on the first day of Redskins training camp, free safety Sean Taylor read Jason Campbell's pass perfectly. Taylor stepped in front of tight end Chris Cooley and got both hands on the ball, a sure interception if there ever was one.

Then he dropped it.

The moans from the fans could have been subtitled "Oh, no, not again!" The Redskins were historically inept at intercepting passes and recovering fumbles last season, and the last thing they or the team needed was an indication that the trend might continue.

Just hours earlier, in fact, coach Joe Gibbs had cited the team's 12 takeaways — an NFL record for a non-strike season — in his opening speech to the team. The coach was trying to motivate the players, not embarrass them — they've already



Carlos Rogers, who had just one pick last season, leaps for a pass at training camp.

been embarrassed enough by that statistic.

"It bothers us," defensive end Phillip Daniels said. "It's just one of those years when nothing went our way."

The job of finding more ways to

force more turnovers falls on assistant coach Gregg Williams, whose stock plummeted last season as the defense's overall ranking fell from No. 9 to No. 31 in a 5-11 season. Williams has an in-your-face, I'm-always-right coaching style that's

LATE ARRIVAL

The Redskins agree to terms with rookie safety LaRon Landry:

→ Landry was expected to sign a five-year deal worth about \$41.5 million, pending a final review of the contract by the Redskins. Landry is projected as a starter at strong safety, joining a secondary that would consist of four players taken in the top 10 of the draft. (AP)

more difficult to tolerate when his schemes aren't working, and he enters this season knowing he has to much to do if he is again to be considered a future head coach with the Redskins — or anywhere else.

"We have a lot to prove," Williams said Monday. "We've got to reprove ourselves, and I think I'm a better coach when we have a chip on our shoulders. Nobody should be feeling good about last year. I know I'm certainly not feeling good about last year, and so we've got a bitter taste to get out of our mouth."

JOSEPH WHITE (AP)

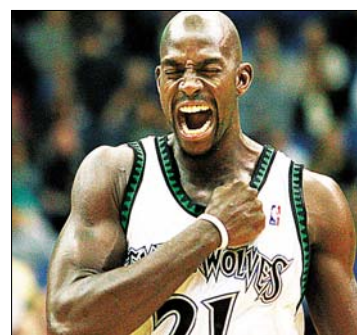
Celtics Agree to Trade for Garnett

NBA | Kevin Garnett is leaving Minnesota after the Boston Celtics agreed to acquire the All-Star forward in a multiplayer trade with the Timberwolves, a Celtics official told The Associated Press.

Among the players who could be headed to Minnesota are forward Al Jefferson, guard Sebastian Tel-

fair, swingman Gerald Green and center Theo Ratliff, said the official, who spoke on condition of anonymity because the deal had not been completed. The official also said the Timberwolves would get at least one draft choice.

The teams still had some things to clarify with the players' contracts, but



the official said that would not keep Boston from acquiring Garnett.

Garnett, 31, has spent all of his 12 NBA seasons with Minnesota. He would get an extension of his contract, which has one year plus an option year remaining, the official said. HOWARD ULMAN (AP)

Kevin Garnett averaged 22.4 points and 12.8 rebounds per game last season.

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Swede Advances Out of 1st Round

Johansson almost squanders early lead in match at Legg Mason

TENNIS | Thomas Johansson of Sweden advanced to the second round of the Legg Mason Tennis Classic on Monday, beating Colombian teenager Santiago Giraldo 7-6 (7), 6-7 (5), 6-4.

The match began Sunday, when rain postponed play with Giraldo serving while trailing 6-5.

Johansson, who won the Australian Open in 2002, had plenty of chances to get to the second round more quickly than he did. He nearly squandered a 5-2 lead in the first-set tiebreaker, led 4-1 in the second-set tiebreaker before losing six of the final seven points and was broken while serving with



Thomas Johansson squandered many opportunities to advance before winning.

a 4-2 lead in the third set.

Johansson will play defending champion Arnaud Clement in the second round.

Jan Hernych also advanced to the second round after Nathan Healey retired at 1-1 in the second set. Hernych had won the first set 6-3. **ASHTON WILLIAMS (AP)**

Swengali

NATIONALS | BY MATT SWENSON

Nats Again Left With Nothing

WITH THE PLAYOFFS out of the question before the season began for the Washington Nationals, Tuesday's trade deadline should be as important a day for the franchise as there will be this season.

And true to form, General Manager Jim Bowden is about to strike out on improving the ballclub.

At a time when the Nationals should be looking to swap veterans for prospects that may be invaluable down the line, Bowden is busy handing out contract extensions to the players who should be traded.

In the span of a week, Washington gave new deals to Ronnie Belliard and Dmitri Young, arguably its two most valuable chips in the trade market.

Young's two-year, \$10 million contract, in particular, is a disaster. Sure, the "Meat Hook" is a good hit-

ter and an even better story — and, with his previously paltry salary, perfect bait with which to acquire young talent from a contending team.

Not trading Young at his peak value and laughably asking him to play in the outfield is like reliving all of the mistakes the Nats made with Alfonso Soriano.

Just a look at the team's lack of speed and power in the lineup shows how much improvement is

**Not trading
Young is like
reliving all of
the mistakes
the Nats made
with Soriano.**

needed in D.C.

The draft is a good starting point, but with so many holes, Bowden should be acquiring as many young prospects as possible.

Instead, Bowden is just dropping the ball.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

ADIEU TO MLS: Freddy Adu arrived in Portugal to negotiate personal terms on a move to Benfica. MLS and Benfica have already agreed on a \$2 million transfer fee for the 18-year-old midfielder.



Sports

49ers Legend Walsh Dies

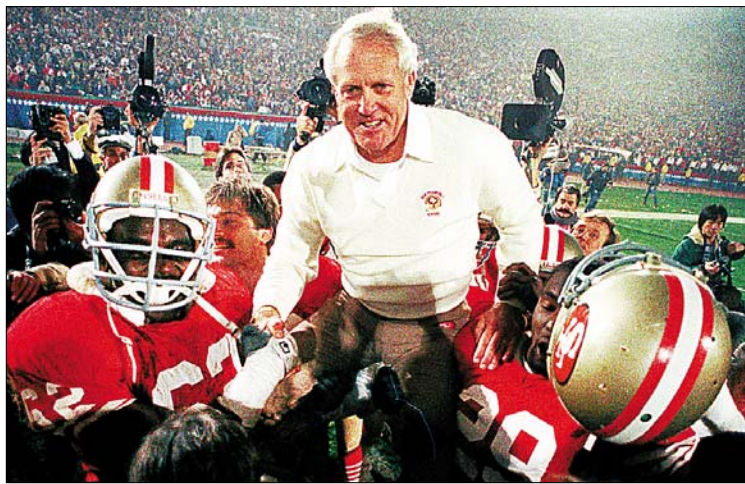
NFL coach developed West Coast offense and taught dozens of others

NFL | Bill Walsh, the groundbreaking football coach who won three Super Bowls and perfected the ingenious schemes that became known as the West Coast offense during a Hall of Fame career with the San Francisco 49ers, has died. He was 75.

Walsh died at his Woodside, Calif., home Monday following a long battle with leukemia.

"This is just a tremendous loss for all of us, especially to the Bay Area, because of what he meant to the 49ers," said Hall of Fame quarterback Joe Montana, the player most closely linked to Walsh's tenure with the team. "For me personally, outside of my dad, he was probably the most influential person in my life. I am going to miss him."

Walsh didn't become an NFL head coach until 47, and he spent just 10 seasons on the San Francisco sideline. But he left an indelible



Bill Walsh is hoisted on his players' shoulders after winning the 1985 Super Bowl.

mark on the United States' most popular sport, building the once-woebegone 49ers into the most successful team of the 1980s with his innovative offensive strategies and teaching techniques.

The soft-spoken native Californian also produced a legion of coaching disciples that's still growing today. Many of his former assistants went on to lead

their own teams, handing down Walsh's methods and schemes to dozens more coaches in a tree with innumerable branches.

"The essence of Bill Walsh was that he was an extraordinary teacher," NFL commissioner Roger Goodell said in a statement. "If you gave him a blackboard and a piece of chalk, he would become a whirlwind of wisdom." JANIE MCCAULEY (AP)

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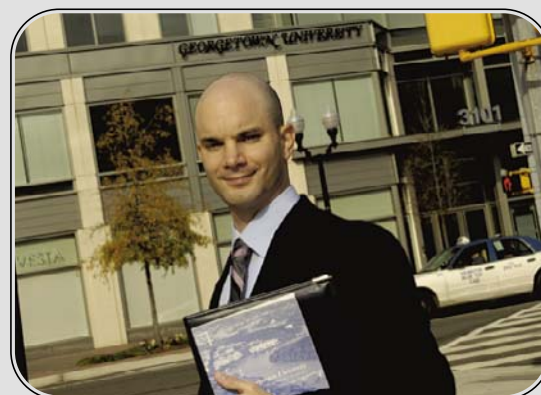


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Sports

Glavine Is Next; Will He Be Last?

300 wins is becoming a thing of the past for major league pitchers

BASEBALL | Tom Glavine will surely be the next 300-game winner.

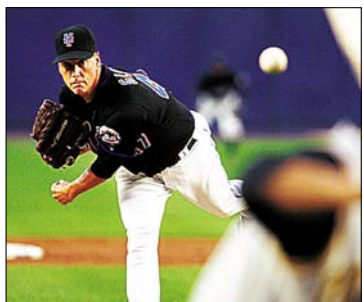
Will he also be the last?

Glavine takes the mound in Milwaukee on Tuesday night with a chance to become the 23rd to reach the milestone.

"It's elite company. It's the greatest measuring stick for starting pitchers," the New York Mets ace said.

Glavine will try to be the first to win No. 300 since former teammate Greg Maddux did it in 2004.

In the last 60 years, getting 300 wins has become one of the rarest milestones: Only 10 pitchers have achieved it since the end of World War II. And since 1990, only Nolan Ryan, Roger Clemens and Maddux have made it.



Mets pitcher Tom Glavine will go for his 300th win on Tuesday against Milwaukee. EDBETZ/AP

So, is the 300-game winner about to be extinct?

"The way the game has changed, we're probably pretty close to it," said Hall of Famer Tom Seaver, who won 311 games from 1967 to 1986. "I attribute it to a kind of corporate structure in the game."

Following Glavine's 299, Randy Johnson is next on the win list with 284. Mike Mussina, who is 38, has 244 wins. BILL KONIGSBERG (AP)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN2) The Nats are back at home for a series against the Reds. Matt Chico takes the mound.

ORIOLES (7 P.M. ON MASN) In a matchup of staff aces, Erik Bedard (10-4) leads the Orioles against Josh Beckett (13-4) and

the Red Sox.

WNBA (8 P.M. AND 10 P.M. ON ESPN2) The Mystics play at Indiana but aren't on TV — even in D.C. But for those needing a WNBA fix, Detroit is at San Antonio and Sacramento is at Seattle.

MLB STANDINGS

THROUGH JULY 29'S GAMES

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOM	ROAD
Boston	64	41	.610	—	34-19	30-22
New York	56	49	.533	8.0	32-20	24-29
Toronto	52	52	.500	11.5	31-20	21-32
Baltimore	49	55	.471	14.5	27-24	22-31
Tampa Bay	39	65	.375	24.5	23-30	16-35

CENTRAL	W	L	PCT.	GB	HOM	ROAD
Detroit	60	44	.577	—	26-21	34-23
Cleveland	60	45	.571	0.5	36-20	24-25
Minnesota	53	51	.510	7.0	28-24	25-27
Chicago	48	57	.457	12.5	24-28	24-29
Kansas City	47	57	.452	13.0	24-31	23-26

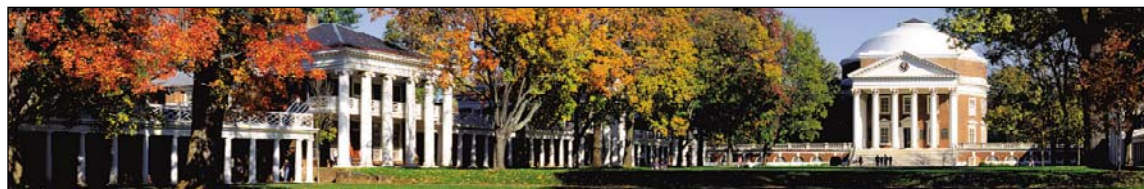
WEST	W	L	PCT.	GB	HOM	ROAD
L.A. Angels	61	42	.592	—	35-16	26-26
Seattle	57	46	.553	4.0	34-19	23-27
Oakland	49	56	.467	13.0	25-27	24-29
Texas	46	59	.438	16.0	27-25	19-34

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOM	ROAD
N.Y. Mets	59	46	.562	—	30-23	29-23
Philadelphia	55	49	.529	3.5	29-23	26-26
Atlanta	55	51	.519	4.5	27-26	28-25
Florida	49	57	.462	10.5	23-29	26-28
Washington	45	60	.429	14.0	24-29	21-31

CENTRAL	W	L	PCT.	GB	HOM	ROAD
Milwaukee	57	49	.538	—	36-17	21-32
Chicago	55	48	.534	0.5	27-24	28-24
St. Louis	49	53	.480	6.0	25-25	24-28
Houston	46	59	.438	10.5	28-25	18-34
Cincinnati	45	61	.425	12.0	24-29	21-32
Pittsburgh	42	61	.408	13.5	23-29	19-32

WEST	W	L	PCT.	GB	HOM	ROAD
L.A. Dodgers	57	48	.543	—	29-24	28-24
Arizona	58	49	.542	—	33-21	25-28
San Diego	56	48	.538	0.5	28-24	28-24
Colorado	53	51	.510	3.5	30-21	23-30
San Fran.	45	58	.437	11.0	25-27	20-31



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- Social Foundations
- Special Education
- Engineering

Certificate Program Sessions

6:00-7:00 pm (concurrent sessions)

- Accounting
- Human Resources Management
- Information Security Management
- Post Master's Teacher Leadership
- Procurement and Contracts Management
- Project Management
- Public Relations

Adjunct Faculty Academy

6:30-7:00 pm

Alternative Route to Teacher Licensure Session

6:30-7:30 pm

- Learn how to become a licensed K-12 teacher
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Online Course Demonstration

5:30-7:30 pm (drop-in anytime)

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Candidates must work flexible schedules. Apply in person or fax resume to 301-441-2471 Email: info@hicollegepark.com NO PHONE CALLS PLEASE

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The **National Gallery of Art** has multiple vacancies for A/C Equipment Mechanics responsible for operating, maintaining, and repairing mechanical systems, air handlers, pumps, and compressors, etc. Secure government job, great benefits. Starting wages \$47,000. Call Mr. John Bixler at 202-842-6350 for more information. U.S. citizenship is required. For specific application information and instructions go to <http://jobsearch.usajobs.opm.gov/a9nga.asp>. The vacancy announcement number is #07-17. Applications will be accepted through 9/28/07.

HVAC—SERVICE TECHS & HELPERS for residential installation & service. Must have CFC, tools & trans. Great pay & benefits. Call 301-982-7346.

HVAC TECHS

Call 202-832-3420
or fax : 202-832-3421.

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Good research and writing, federal work. Email resume to: gltfirm@justicemail.com

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MAINTENANCE—Apts Complex in Rockville. Several positions, PT or on call, flex hrs. Independent contractors with skills in either plumbing or HVAC or general maintenance. Call 301-948-0087

MAINTENANCE

Live-off position. \$14.50/hr + benefits. Fax resume to: 202-362-3909

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Mt Rainier, MD Grounds, halls, painting & minor maint. Paid holiday, vacation. Fax resume 301-559-3931 or jalexian@aol.com. Good Pay.

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People needed to work in TV and film production. Exper. not req'd. Call: 1-877-280-7633.

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You are a sales leader, driving results, pushing performance, and making tough decisions. You have credibility on the sales floor and your team trusts your judgment. You strategically devise ways to realign your resources and evolve your business. You rework incentives to drive results. You already have experience managing a team of sales reps and your own personal business development experience. It's time to apply your sales management skills in an even greater capacity with our Retail Business Development Advertising team! **More info: www.washpostco.com. Send resume to talentsearch@washpost.com, Attn: BDUEx/JT**

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Marketing & Analytics Specialist

Rockville, Maryland seeks full-time Marketing and Analytics Specialist. Must be proficient in data-mining, internet research, MS Word/Excel, basic HTML. Knowledge of subscriptions database software preferred. Experienced in customer and sales support. Duties span marketing, reporting & research, customer service, fulfillment and database maintenance. Good benefit package including free parking.

Cover letter, resume & salary history to:
Subscriptions Manager, fax: **301-251-6740**;
email: **scholwek@aspb.org**

Marketing

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As a member of our Marketing Research Department, produce industry-specific sales strategy presentations and media recommendations that match Washington Post Advertising products with client target audiences and objectives. Requires strong data analysis skills, ability to communicate media research concepts and technical data to lay people both graphically and in written reports, excellent writing skills, and Bachelor's degree. Expertise in Excel and PowerPoint strongly preferred. For more info: **www.washpostco.com** Send a cover letter and resume to talentsearch@washpost.com. Subject line: **MEPEXP/JT**

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Medical Technologist

Exper required. To run lab in busy, internal medicine office in Alexandria. Fax resume: 703-461-0803.

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Family w/2 girls, ages 13 & 8 in NW DC seeks nanny/housekeeper. Must be a non smoker, speak English, legal, have a car & drivers license, clean, prepare meals & run errands. Rate \$500 per week. Call (301) 587-7600 btw 9:00am to 4:00pm.

Non-Profit**Gov't Affairs Assoc.**

Regional Jewish org seeks FT prof for VA lobbying/community relations. 3yr legis exp. Trvl to Richmond during the session. Contact dclinck@jccouncil.org No calls

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Legacy Home Care seeking caring CNAs for live-in and hrly work. 1 yr. exp. req'd. Call 301-588-9600

P/T Promotional Representative: Marketing firm looking for responsible people for promotions in Vienna & Prince William, VA. Thur-Sun daytime hrs. Call 888-691-1810 or email: **jobs@klmgroupp.com**.

PAINTERS—Exp'd painters needed. 5+ yrs exp req. Silver Spring, MD. 540-327-5050

**Pastry Chef/MasterBaker/Baker/
Oven Operator**

Needed immediately in Sterling, VA. Must be able to work flexible schedule and weekends a must. Email resume to

debbie@federalbakers.us
or fax 703-312-6051.

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Pension fund in Rockville, MD looking for responsible, motivated, detail-oriented individual to perform multiple tasks, electronic file maintenance, updates in check processing, and participant communication. Excellent benefits & salary. Send resumes to: A. Kimmell, 2400 Research Blvd., Ste 500, Rockville, MD 20850 or Email: **NEBF_Resumes@nebf.com**. EOE.

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Property Management

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Seeking ambitious up-and-comer who is bright, fun, focused, and driven to exceed sales goals. Must be coachable, play well with others & work independently. Sell across our print and online advertising products. Prospect for and close new business. Be welcomed by your colleagues, enjoy a supportive management structure, develop your skills, and accelerate your career. Base starting at \$34K, earning potential up to \$100K. Top performers can earn \$80K in year one. For more information: **www.washpostco.com**. Send resume to: talentsearch@washpost.com, Attn: IOEXP/JT

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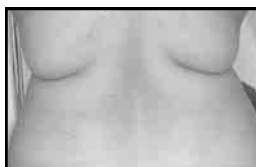
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LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

History

Al McIntosh's column is key to Burns' new WWII documentary

Al McIntosh saw his weekly newspaper column in the prairie town of Luverne, Minn., as nothing more than a fleeting record of history, a view reflected in its name: "More or Less Personal Chaff."

Yet nearly 30 years after the publisher's death, his writings have been revived as part of the narrative backbone of "The War," a new World War II documentary by celebrated filmmaker Ken Burns.

Burns called "Personal Chaff" perhaps "the single greatest archival discovery we have ever made."

"There's just something about

his sense and understanding that came from this amazing perspective on the war. He's still alive in these writings," Burns said.

McIntosh was an up-and-comer from Lincoln, Neb., in 1940 when he bought the Rock County Star in Luverne, then a town of 3,100.

Driving around in an old Ford, McIntosh took the public's temperature during the war years through

War's First Draft

conversations, letters from GIs and voracious reading. He once subscribed to seven daily papers.

"He worked hard, and he lost a lot of sleep," said Jean McIntosh Vickstrom, his daughter.

Punching the keys of his manu-

al typewriter, a cigarette dangling from his mouth, he crafted reports both funny and profound.

In the June 1, 1944, edition of the Star Herald, McIntosh poked fun at 51-year-old Earl Cameron, who had been mistaken for an enlistee dur-

ing a trip to Fort Snelling. He titled the article: "Footloose Papa Nearly Gets Inducted Into the Army."

The next week, he turned his attention to D-Day, the turning point of the war when Allied forces stormed Normandy.



NOT CHAFF: Al McIntosh chronicled the struggles of WWII from his typewriter.

The Prius Walks: Gore's son pleads guilty | 34

Travel Talk: The proper etiquette while flying | 32

"We sat by the radio for over an hour listening to the breath taking announcements of eye witness observers of the assault," he wrote. "And then we went back to bed — to lie there for a long time, wide eyed in the darkness — thinking, 'What Rock County boys are landing on French soil tonight?'"

"We just loved his sympathetic eye for his community and what was happening."

KEN BURNS, FILMMAKER

When Burns' researchers showed up in Luverne, they came across "Personal Chaff" in the Star Herald archives.

"We just loved his sympathetic ear and eye for his community and what was happening, and we loved his patriotism," Burns said.

GREGG AAMOT (AP)

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Can't Stand This Heat

Food

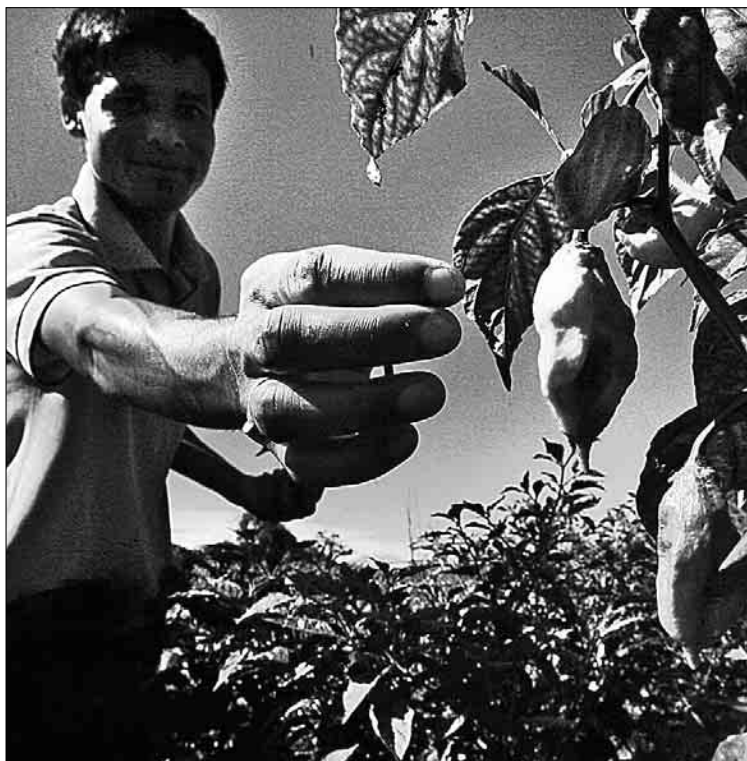
The world's hottest chili takes spicy to a whole other level

The farmer, a quiet man with an easy smile, has spent a lifetime eating a chili pepper with a strange name and a vicious bite. His mother stirred them into sauces. His wife puts them out for dinner raw, blood-red morsels of pain to be nibbled — carefully, very carefully — with whatever she's serving.

Around here, in the hills of northeastern India, it's called the "bhut jolokia" — the "ghost chili." Anyone who has tried it, they say, could end up an apparition.

"It is so hot you can't even imagine," said the farmer, Digonta Saikia, working in his fields in the midday sun, his face nearly invisible behind an enormous straw hat. "When you eat it, it's like dying."

Outsiders, he insisted, shouldn't



A farmer plucks a bhut jolokia at a field in the northeastern Indian state of Assam.

even try it. "If you eat one," he told a visitor, "you will not be able to leave this place."

The rest of the world, though,

should prepare itself.

Because in this remote Indian region facing bloody insurgencies, widespread poverty and a major

Eating an entire chili is akin to swigging a cocktail of battery acid and glass shards.

industry — tea farming — in deep decline, hope has come in the form of this thumb-sized chili pepper with frightening potency and a superlative rating: the spiciest chili in the world. A few months ago, Guinness World Records made it official.

If you think you've had a hotter chili pepper, you're wrong.

The smallest morsels can flavor a sauce so intensely it's barely edible. An entire chili is an all-out assault on the senses, akin to swigging a cocktail of battery acid and glass shards.

For generations, though, it's been loved in India's northeast,

eaten as a spice, a cure for stomach troubles and, seemingly paradoxically, a way to fight the crippling summer heat.

Exporters are eagerly courting the international community of rabid chili-lovers, a group that has traded stories for years about a mysterious, powerful Indian chili.

Chances are no one will get rich. But in a region where good news is a rarity, the world record status has meant a lot of pride — and a little more business.

"It has got tremendous potential," says Leena Saikia, the managing director of Frontal AgriTech, a food business in the northeastern state of Assam that has been in the forefront of bhut jolokia exports.

Still, getting your hands on a fresh bhut jolokia is difficult except in a handful of northeastern towns in the U.S. A few specialty companies in the United States and Britain sell dried chilis and seeds, but the plants are painfully fragile, susceptible to many pests and diseases, and are very difficult to grow.

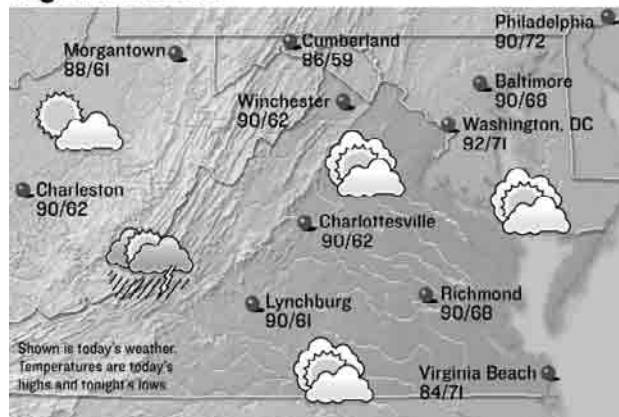
For now, outside of a few exports, the bhut jolokia will remain with the people who have eaten it for centuries.

"It has become a part of our culture," Saikia said. TIM SULLIVAN (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny	Mainly clear	Partly sunny	Mostly sunny, very warm	Partly sunny, very warm	Partly sunny, hot
92°	71°	92° / 72°	92° / 73°	94° / 73°	95° / 74°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	86°
Low	72°
Normal high	88°
Normal low	70°
Average humidity	72%

Precipitation

24 hours ending 4 p.m.	0.17"
Month to date	2.40"
Normal month to date	3.55"
Year to date	17.57"
Last year to date	28.85"
Normal year to date	22.71"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

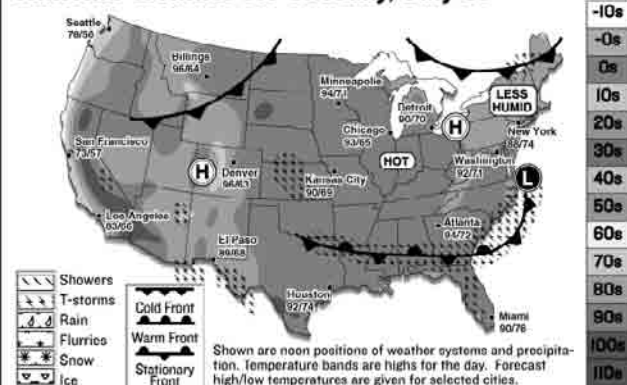
D.C. Metro: Today, partly sunny. High 92. Wind northeast 6-12 mph. Tonight, mainly clear. Low 71. Wind southwest 4-8 mph.

Sun and Moon

Sunrise today	6:08 a.m.
Sunset tonight	8:21 p.m.
Moonrise today	9:31 p.m.
Moonset today	7:44 a.m.

Last	New	First	Full
Aug 5	Aug 12	Aug 20	Aug 28

National Weather for Tuesday, July 31



National Cities

City	Today	Wed.
Atlanta	94/72/pc	88/70/pc
Boston	82/68/pc	82/66/pc
Chicago	93/65/s	93/70/s
Dallas	92/73/t	90/73/t
Denver	96/63/s	90/61/t
Honolulu	89/76/pc	89/76/pc
Los Angeles	83/66/pc	83/65/pc
Miami	90/76/t	91/78/t
New York City	88/74/pc	91/74/c
Orlando	91/76/t	90/75/t
Seattle	78/56/s	82/57/s

World Cities

City	Today	Wed.
Amsterdam	64/55/pc	70/57/pc
Athens	95/77/s	93/77/s
Berlin	63/48/pc	66/54/pc
Buenos Aires	61/43/pc	54/43/c
Calgary	70/45/pc	73/49/s
Dublin	68/54/pc	66/52/c
Geneva	72/48/s	80/54/s
Moscow	63/48/t	60/54/pc
Rome	82/59/pc	82/61/s
Sydney	66/51/s	68/52/pc
Tokyo	82/73/pc	81/73/c

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Jeans for Gents

Companies try to get into men's pants with wearable styles

Defying conventional fashion wisdom, jeans makers are courting older guys.

In an effort to appeal to the over-40 crowd, many jeans makers are trimming back the intimidating array of basic jeans choices that overwhelm some men. They're taking edgy and fashion-forward shapes out of what they call their core lines to make it easier for older men to find comfortable jeans that don't make them look like they're trying to dress like a teenager.

Lee Jeans, for instance, now has six basic fits, including regular and relaxed, down from eight a few years ago. Banana Republic dropped its baggy so-called utility fit, reducing its core options to three. And premium label Paper Denim & Cloth has cut its fits down to four from six. The core lines are the traditional shapes that retailers stock at all times, as opposed to ultra-trendy versions

that come and go.

Basic jeans options don't change throughout the year, so many stores such as the Gap keep them grouped together, away from more seasonal ranges. But that doesn't mean buying a new pair of jeans is easy. While the range of basic fits is being reduced, many companies are still courting younger guys with a proliferation of seasonal choices

To add to the confusion, after choosing a fit or shape, shoppers still have to decide which kind of denim they like and the style of jean, which includes where the pants sit on the waist.

Some companies are still adding more choices. Levi's Red Tab collection alone has 15 fits, including two — a super-skinny silhouette called the 510, and a relaxed fit with a slim tailored bottom called the 520 — that were added in the last year.

Men who want to freshen up the jeans in their closet without going overboard should reach for a basic "straight fit" jean. In keeping with a broader trend in dressy as well as casual menswear toward more fitted

clothing, straight-fit jeans are an emerging core category between trendy super-skinny jeans and



At left, Lee's Relaxed Straight Leg jean (\$25, J.C. Penney). For a bit more cash, there's the Straight Indigo Wash Five-Pocket from Banana Republic (\$78).

JEANSPEAK 101

How to interpret the impenetrable mystery of buying pants.

→ **FIT:** The shape of the jean; how roomy or tight it will be in the seat and hip area.

→ **WASH:** The color and texture, determined by how the denim was washed during the production process.

→ **RISE:** The length of the fabric from the crotch seam to the top of the waistband; also describes where the jeans sit in relation to the waist.

→ **STYLE:** Describes the overall look of the jeans, including the cut of the leg opening, the fit and the wash.

regular-fit jeans. Straight-fit jeans are closer to the body than regular-fit and relaxed-fit jeans but not as close as skinny jeans.

Darker washes, meaning dark blue jeans, are currently in style after a few seasons of bleached, antiqued, stonewashed and faded looks. Dark blue jeans also look dressier than lighter jeans and are easier to pair with a sport coat and dress shoes for the office or a night out, style consultants say.

"I very rarely recommend that men wear light-wash jeans for business casual or to the office, because to me, [a light-wash jean] is a ballpark jean," says wardrobe consultant Robin Walker. RAY A. SMITH (WALL STREET JOURNAL)

Kids



See You in Class!

There was a time when the candid yearbook photo starring a giant zit on your chin and a mouthful of metal was mercifully only available for embarrassment during the frenzy of signing day. But thanks to a cruel stroke of genius from **PHOTOWORKS** (\$5 to \$120, photoworks.com, click "Photo Gifts"), this generation can customize clipboards, messenger bags, bookmarks, posters and stickers with pics of their clique, opening vast new avenues for Degraasi-style drama. Did you see? Tina crossed Brian off her bag!

JEN BEASLEY (EXPRESS)

Beauty



Spice Up Your Life

We hate heat. We fear the outside and like to huddle in air-conditioned splendor from June to September. But we must, at times, raise the temperature to battle with our hair. FHI's **HOT SAUCE** (\$14, fhiusa.com) will help you fight the good fight against frizzies. It has heat-activated jojoba crystals, so straightening, curling or blow-drying actually helps hair absorb moisture, rather than turning locks into ragged, forlorn bits of straw. KRISTEN PAGE-KIRBY (EXPRESS)

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MUSIC

Rapping Politricks

While much of hip-hop is occupied with bling, Akir and Immortal Technique have greater concerns: injustice, corruption and the future of this country. Express' Ian Herbert talked with Akir before the two political rappers bring their funky rhetoric to the 9:30 Club on Tuesday. | [ONLINE NOW](#)



SHOPPING

Tax Holidays in Va., D.C.

Area retailers are already rolling out the back-to-school sales, and officials in the District and Virginia are enhancing the consumer climate by offering tax-free shopping in the coming days. Express' Michael Grass has the details. | [ONLINE NOW](#)

FREE RIDE

One Station, One Drink

Three men in London recently completed a five-year pub crawl, stopping for drinks at bars near all 275 stations on the British capital's Underground subway. Would it be possible to plan a similar drinking spree near the 86 stations on D.C.'s Metro system? | [ONLINE NOW](#)



comment board

“If they are unwilling and unable to handle uncomplicated issues, what makes anyone think Metro can even begin to deal with hazmat issues?”

COMMENTER ERS, WHO ADDED, “METRO EMPLOYEES CANNOT EVEN DEAL WITH THREATS BY PASSENGERS OR UNATTENDED [BAGS].”

“The people who ride Metro are far more likely to respond to a hazmat emergency than Metro's employees.”

COMMENTER OUTINFORCE, WHO ADDED, “METRO'S STATION MANAGERS SEEM FAR MORE CONCERNED WITH YAKKING IT UP WITH THEIR BUDDIES.”



“If Metro's response plan includes non-functioning escalators, non-responsive employees and [incomprehensible] announcements, then Metro is fully prepared.”

COMMENTER BALTIKA4, RESPONDING TO MONDAY'S POLL CENTER QUESTION, “DO YOU HAVE CONFIDENCE IN METRO'S ABILITY TO RESPOND TO HAZMAT EMERGENCIES?”

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

DO YOU HAVE CONFIDENCE IN METRO'S ABILITY TO RESPOND TO HAZMAT EMERGENCIES?

NO 68%

YES 32%

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

Blog LOG

“Everything is cheap at Ikea, even the hot dogs; If someone is selling you a hot dog for 50 cents, you will probably regret it later.”

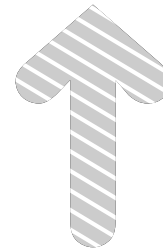
HOMEIMPROVEMENTNINJA.BLOGSPOT.COM MADE A TRIP TO THE SWEDISH MEGA-RETAILER AND SAYS “SOCIETY HAS A LOWEST COMMON DENOMINATOR AND YOU SEE IT IN RETAIL.”



JAMIE SQUIRE/GETTY IMAGES

“[Barry] Bonds will be lustily booed, but each game will be a sell-out until he hits 755 and 756. It's a no-win situation for Dodgers fans.”

DEADSPIN.COM SAYS THAT WHEN THE SAN FRANCISCO GIANTS FACE THE L.A. DODGERS MONDAY, BONDS, WHO IS ABOUT TO ECLIPSE HANK AARON'S HOME RUN RECORD, WILL BE DIFFICULT TO IGNORE.



“IT COSTS THE CITY \$2,000 to escort the vice president from the Naval Observatory to [the] White House. What is that doing for the 3-year-old who just got shot?”

MONUMENTALBUZZ.COM, REACTING TO THIS WEEKEND'S SHOOTING IN NORTHEAST D.C., SAYS THE D.C. POLICE ARE SPREAD TOO THIN WITH TOO MANY TASKS.

“SHE WASN'T just any old math major, though. She co-authored a paper titled 'Percolation and Gibbs States Multiplicity for Ferromagnetic Ashkin-Teller Models in Z2.'”

SMARTTART.WORDPRESS.COM APPLAUDS DANICA MCKELLAR, AKA WINNIE COOPER FROM “THE WONDER YEARS,” FOR ADVOCATING THAT GIRLS STUDY MATH AND SCIENCE IN SCHOOL.

“GONZALES HAS LIED about some very big things, assuming probably that details about those programs wouldn't see the light of day anytime during this administration.”

THREWISEMEN.BLOGSPOT.COM IS ONE OF THE MANY BLOGGERS WHO ARE CALLING FOR THE HEAD OF ATTORNEY GENERAL ALBERTO GONZALES.

Discussions

Air Travel Advice

THE FLIGHT CREW was online Monday and talked about flying JetBlue, airline ticket pricing and whether it's right to recline in your seat on the plane.

I'm taking JetBlue out to Long Beach for vacation next week. Have it gotten its act together? Should I be scared?

JetBlue has redeemed itself since that February fiasco, but, like all of the other airlines this summer, it is still suffering delays. In June, it canceled 3 percent of its flights

and was on time only 60 percent of the time. Southwest ranked the best, with 77 percent of flights arriving on time. However, JetBlue does have great rates and comfy seats. So, don't be scared. Just check the weather and flight situation before you head to the airport, and bring extra magazines.

How do airline companies set prices for the different flights within the U.S.?

The price of airline tickets has nothing to do with how far the plane is traveling. Pricing has more to do with how many airlines are competing on the route, whether a discount airline is one of those, what the demand is for the route, etc.

Please settle an argument that I had with a co-worker today. He maintains that it is rude to push your airplane seat back if someone is sitting behind you. I say it is just fine to push the button and ease the seat back. Thoughts?

You're reclining into some dangerous territory here. The debate rages, so there's no one right answer, but I personally feel that it IS rude to fully recline your seat back. It makes a bordering-on-intolerable experience even worse, if that's possible. It makes no difference to me whether it's done gradually or not.

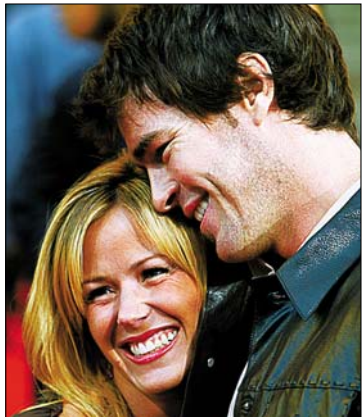
TODAY ON DISCUSSIONS:
Washington Post music critic J. Freedom du Lac talks about the latest on the music scene at 2 p.m. | washingtonpost.com/discussions.

DO

TAKE METRO TO THE NEW BALLPARK. Reduced Metro fare might be offered for fans traveling to the new Nationals ballpark in a bid to reduce game-night gridlock on roads. The stadium, expected to open in 2008 and located near the Navy Yard Metro stop, is considered less accessible by car than RFK Stadium.

LOOK out

People



NAMY HU/1AP

Their smiles mask the pain: ABC didn't offer to broadcast the birth live.

PRIZES

Child Wins Parents, \$100,000, Fleeting Fame

TRISTA SUTTER has given birth to a son, Maxwell Alston Sutter, in Vail, Colo. The baby, who weighed 5 pounds, 3 ounces, is the first child for Sutter and her husband, firefighter **RYAN SUTTER**. The couple famously fell in love on ABC's "The Bachelorette" and were married in December 2003. (AP)

GESTURES

If You Can't Vote in the U.S., He Really Doesn't Care

Austrians threw a 60th birthday party for **ARNOLD SCHWARZENEGGER**. "A Day for Arnold," thrown by Thal Bei Graz (the village where the governor was born) featured a brass band, a special Mass and well-wishes from the mayor. (AP)

IF YOU HAVE TO GET CAUGHT ...

Get Caught In a Prius

Al Gore's son pleaded guilty Monday to possessing marijuana and other drugs, but a judge said the plea could be withdrawn and the charges dropped if he successfully completes a drug diversion program. Authorities have said they found drugs in **AL GORE III's** car after the 24-year-old was pulled over on July 4 for going 100 mph in his Toyota Prius. Gore's sentencing will be continued until Feb. 7. (AP)



LEONARD ORTIZ/THE ORANGE COUNTY REGISTER/AP

PERCEPTION

We Hear Criticism. Oprah Hears a Faint, Low Buzzing

The editor of James Frey's "A Million Little Pieces" is still mad at **OPRAH**. At a conference, Nan A. Talese accused Winfrey of "fiercely bad manners."



"I'm afraid I'm unapologetic. ... The only person who should be apologetic is Oprah Winfrey," she said. (AP)



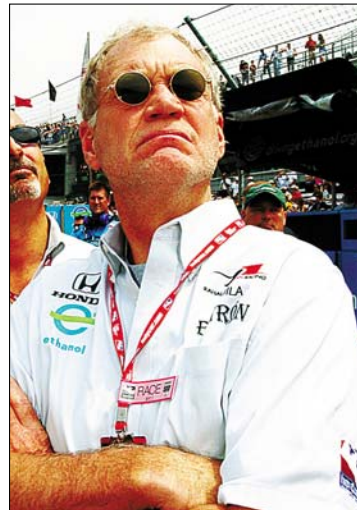
DANNY MOLOSHOK/AP

Soothsayers use the length of Britney's glaringly dark roots to predict the future.

CLOSURE

And It Ends With a Whimper

BRITNEY SPEARS' marriage to **KEVIN FEDERLINE** ended Monday. "They are divorced," said Spears' attorney Laura Wasser. The alimony agreement will not be made public unless there is an enforcement issue. The decision on custody is sealed until an Aug. 14 hearing. (AP)



TOM STRICKLAND/AP

Letterman will soon be on Indiana's state quarter. He is the state bird, too.

PRIDE

Indiana Rebrands Itself As 'Home of That University David Letterman Attended'

Muncie, Ind.'s Ball State University will name its new communication building after **DAVID LETTERMAN**, a 1970 graduate. Letterman's mother, Dorothy Mengerling, was at Monday's announcement by the board of trustees. Mengerling, who lives nearby, and Letterman, host of CBS' "Late Show With David Letterman," are expected to attend the Sept. 7 dedication. Ball State has said the \$21 million communication and media center would open at the beginning of the 2007-08 school year. (AP)

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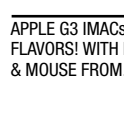
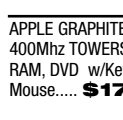
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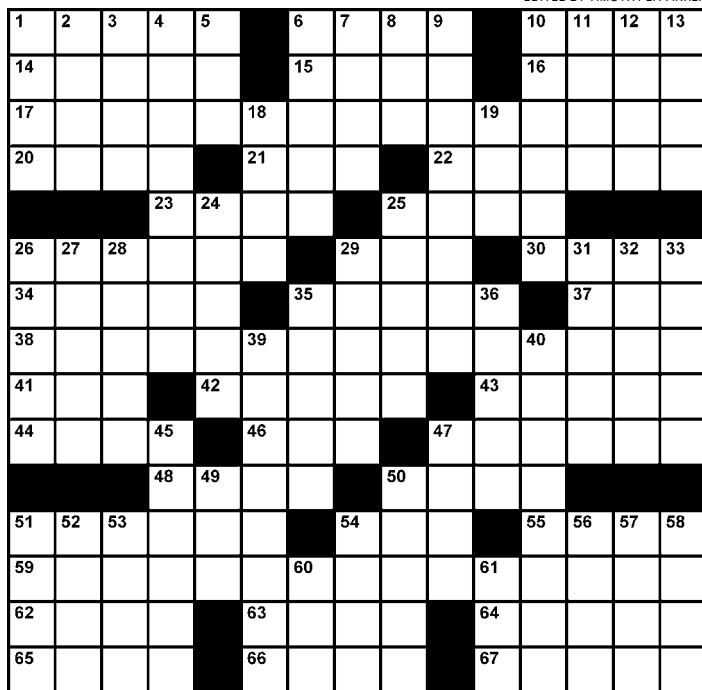
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ACROSS

- 1 "To your health!"
6 Person exchanged for Powers in 1962
10 They're for hackies
14 This can be right
15 Brand of toy blocks
16 Solo delivered at the Met
17 Emulating a private
20 Flock members
21 Type of meat or pepper
22 Works dough
23 At that time
25 The thing there
26 Biblical Promised Land
29 Bowl over
30 Did the butterfly
34 Bitter
35 Blazing
37 Mother of 6-Across
38 Getting nowhere
41 Nameless woman
42 Drops of sadness
43 Trunk with a chest
44 Old name at the pumps
46 You can dig it
47 Census unit
48 Monocle part
50 Come in behind the others
51 Borg and Edberg, e.g.
54 Aurora's counterpart
55 Capital on a fjord
59 In last place
62 Do high-tech

DOWN

- 1 Decision made at home?
2 Be familiar with
3 What some beach loungers do
4 Premier players
5 Tolstoy's first
6 Sci-fi character
7 Reach for your toes
8 Fabergé creation
9 Photographer's request
10 Military trainees
11 General vicinity
12 Boston Celtics legend, Larry
13 Backtalk
18 Meadowlark's warbling cousin
19 Stuff studied in genetics
24 Tough thing to kick
25 Mary-Kate and Ashley, e.g.
26 Secret storage spot
27 Aspirin targets
28 Closes in on
29 Prefix for "mentioned"
31 Deteriorates from use

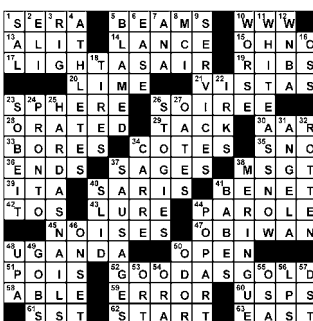


EDITED BY TIMOTHY E. PARKER

- 32 Dispatch boat
33 Item in a patch
35 Seaweed extracts
36 Colorado park
39 Broadway attention-getter
40 Ripped into, as a bag of chips
45 They're golden
47 Swanky
49 Slim, slimy swimmer
50 "Whole ____ Shakin' Goin' On"
51 Town in Normandy

- 52 "That's a ____!" (director's shout)
53 Geographic area
54 Sponsorship (Var.)
56 Wrap for a rani
57 Digital displays
58 Depression-era migrant
60 Gun owners' gp.
61 One of the Gabors

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

3	9	8	2	6	4	1	7	5
4	5	6	8	7	1	2	3	9
1	2	7	9	3	5	6	8	4
9	8	5	4	2	3	7	6	1
2	7	4	5	1	6	8	9	3
6	3	1	7	8	9	5	4	2
8	4	9	6	5	2	3	1	7
7	1	2	3	9	8	4	5	6
5	6	3	1	4	7	9	2	8

6	7							2
	8			4				9
			6		8			3
9		3	5					
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				2	7			4
		5		3				
1	6		9					4
8							1	6

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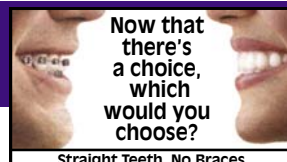
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PHYS ED

Indian Love Call



Hemalaya teaches women how to use the Kama Sutra to dance | **E5**

NUTRITION

Know Tomatoes?



Researchers want to know if the big red fruit prevents cancer | **E7**

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Regrets Won't Solve a Sticky Situation

Q I'm 26-year-old woman who seems to have it all. But I keep wondering what would have happened if I'd made a different choice three years ago, when I decided to go to grad school in my current field. That led to events that have made me feel stuck — in this city, socializing with a type of person that doesn't interest me, in a career field that's stable but not thrilling. I think how young I was three years ago and I wish I'd waited to carve out my path. How can I focus on what I should be grateful for now? — REGRETS

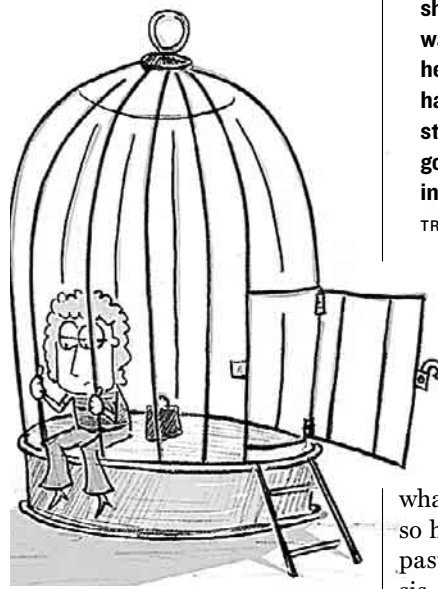
I don't know — as a withered old codger of 26, can you really have

that much to be grateful for?

Sorry, I jest. But at 23 you felt the need to make important choices about what your path would be, only to realize a few years later that there was no need to commit so early. Substitute 26 for 23 in the previous sentence, and you've got the sequel, which I'm loathe to endorse.

You don't have to ignore these voices, nor do you have to dwell on them. You can use them for good, and remember that there is no reason to commit to a path that makes you uneasy. Take away the schedule and the pressure of pigeonholing yourself, and spend some time asking truly open-ended questions about what you would like to explore.

And remember, above all,



ERIC REECE

that your life can be a blank slate before you.

Q A woman I've been dating for six weeks revealed to me that she was hospitalized for an eating disorder in college. We're in our mid-30s; she's had no issues since she was 28. She's always seemed healthy to me, though I don't have much experience with this stuff. I definitely see things going forward, but I'm wondering what I should look out for. — TRYING TO HANDLE THIS RIGHT

It says a lot that she trusted you with this information, especially with all the misconceptions and name-calling out there about eating disorders. I'm a firm believer in the fact that "baggage" is what makes us human, and it just so happens that your girlfriend's past includes a specific diagnosis. That she received successful treatment is actually a sign that she might be even healthier emotionally than the average Jane.

Respect that she has this particular past, but don't turn it into who she is.

You owe her what you would owe anyone with whom you're in an increasingly serious relationship — respect, compassion and patience. But make sure you use a bit of extra sensitivity when commenting on people's appearances and try not to overemphasize body issues. Above all, remember that she is made up of a gazillion experiences, hopes, beliefs, tastes and quirks. Respect that she has this particular past and has chosen to open up about it, but don't turn it into who she is.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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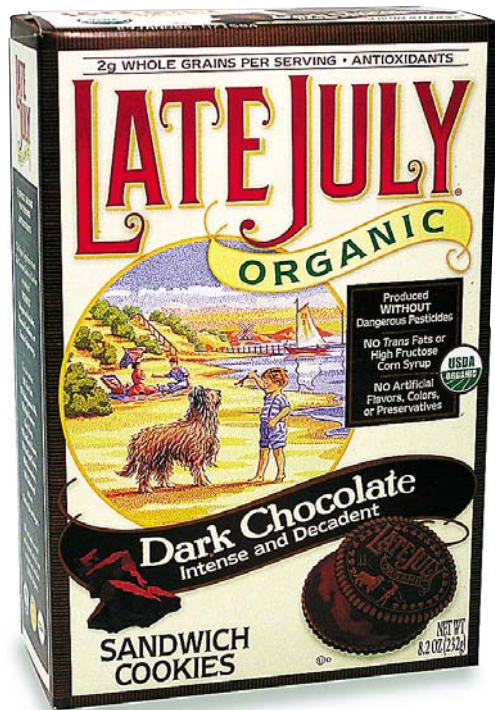
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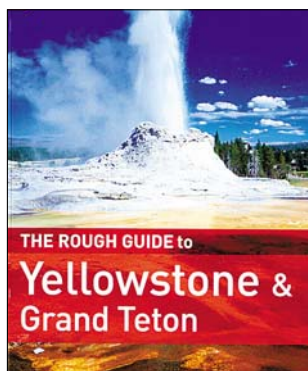
Dunk, Divide, Devour

THOUGH OREOS MAY NOW be available in an "Organic Flour and Sugar" variety, they're still far from wholesome. For dipping into a tall, cool glass of soy milk, you can't beat Late July's new organic cookie line, in adult-friendly flavors like dark chocolate and vanilla bean with green tea (\$5 per box). Tout their antioxidant-rich ingredients and whole grains, but keep mum about their caloric punch — 200 for four.



Wiser Geyser

IF YOUR CAR was within shooting distance when you took that vacation to Old Faithful, think about trying the trip again with a little help from "The Rough Guide to Yellowstone & Grand Teton" (\$18). The tome takes an adventurous approach, offering loads of hikes (both day and overnight) and suggestions for biking, horseback riding and skiing.



Stay, Ball!

BALLS ARE MEANT to roll, but that doesn't make it any less annoying when they spin away. To make stability balls more, um, stable, BOSU added a mystery material that shakes around inside. The result is the Ballast Ball (\$60, bosu.com). Weighing in at about 7 pounds, it's heavy enough to stay in place — and you can lift it or shake it for an upper-body workout.



Swiss Bliss

THE MYSTERIOUS FLECKS of brown in St. Ives Mineral Therapy moisturizer (\$5.29, drugstores) may serve to remind users they're lavishing skin with potassium and iron from the Swiss Alps. They also give the appearance of freckles. After much massaging, the specks finally dissolved, leaving skin supple and slightly scented, but not slick.

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Naturally Sweet

ROBEKS' NEW NATURALLY LIGHT smoothies (four flavors, \$3.75 and up, see robeks.com for locations) are just 126 to 160 calories per 12-ounce serving. They are also a potentially potent demonstration of the power of suggestion.

The drinks use fiber, which protein and extra fruit to sub for sugar-packed frozen yogurt and sherbet; they also contain no artificial sweeteners. Yet, our testers immediately pegged the strawberry-pineapple as unnatural, citing a "Diet Coke-y" aftertaste and a faint echo of saccharine. The banana-mango, however, earned high praise for its fresh flavors; the latter fruit was particularly piquant.

But this all begs a question: Were our testers swayed by the knowledge that their drink was "diet"? Did we, the test-givers, subtly influence them with nonverbal cues? Next time, our smoothie study will be double-blind.

HOLLY J. MORRIS (EXPRESS)

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Treadmill Treat

Q I like to work out early in the morning. I don't eat or drink anything before exercising. Sometimes I get dizzy and light-headed. I find I can't exercise to the same intensity as I can after breakfast. Can you recommend a snack that I could have right before exercising that won't ruin my diet efforts and is easy to stomach as I'll be running on a treadmill? — THERESA

Unless you have the ability to drink water while you sleep, I'd start off with a tall glass of H₂O. Everyone is dehydrated in the morning, and if you've been starting out without a liquid fix, no wonder you feel dizzy — it's a miracle you haven't been passing out. When it comes to solid food, that pick depends on how sensitive your tummy is. George Buckheit, a two-time All-American distance runner who coaches the Pacers Miles Ahead program in Virginia favors a bagel as a way to avoid gastric distress. But at 300 to 400 calories (even without a smear of cream cheese), that may be more than you want if you're sticking to a strict diet. You could go for a few bites, or try granola or cereal. Other options: juice, a sports drink or gel.

Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at fitness@washpost.com.

Health Monitors

People pump it up with online personal trainers

When Steve Feldman's doctor reprimanded him for high blood pressure, the 54-year-old from Rockville decided to get serious about exercise. Since years of belonging to a health club hadn't motivated him, he knew he needed a kick in the pants only a personal trainer could provide.

But there was a problem with his trainer of choice, Nick Irons (Marylandpersonaltrainer.com). "The times I wanted to go to the gym, he couldn't do it," Feldman says. Luckily for Feldman, Irons had launched a new option for clients. Instead of face-to-face sessions, they could opt for online interaction.

It started, Irons says, as a way to help clients who were on the road frequently and needed to maintain their gains. "Then I realized I could do this for people who couldn't set one firm time each week to meet," he explains.

The process isn't so different over the Internet. Irons takes down a detailed medical and exercise history from his clients and prepares regimens based on abilities and goals. But instead of standing over them while he yells out moves, he shoots them an e-mail with pictures and descriptions of what he wants them to do. After each session, his clients respond with feedback and he adjusts their exercises accordingly.

Irons' concept is far from unique:

Plug "online personal training" into Google and 115,000,000 results pop up. Some trainers focus on general well-being, while others specialize in prep for races or certain sports. D.C.-based trainer Rich Salke (Richbodiesgym.com) attracts a large cohort of bodybuilders, who regularly send him photos to prove

their progress.

In the six years since Lynn Bode launched Workoutsforyou.com, her site has worked with 10,000 people all over the world. ("On all six major continents," she boasts.) Some of the people who've signed on are located in remote areas without access to fitness advice, while others want to stay

as anonymous as possible.

The greatest factor in its mass appeal, however, is probably the cost. "Traditional personal training has been available only for elite people. Our clients get to choose when and where they work out at a cheaper price," she says. On her site, even the most elaborate package is just \$45 per month — about half the cost of a single one-on-one session with a trainer in the D.C. area. Irons charges \$75 for a month of online training — close to what he charges for one session with him in person.

While the price is right, there are drawbacks to moving from the weight room to the Web. Without a trainer waiting for them to arrive at a certain time, then standing watch as each rep is completed, clients have more wiggle room to slack off. "It's an unusual dynamic. I'm just trusting that they're doing it," Irons says.

Trainers also need to be hyper-

"Our clients choose when and where at a cheaper price."

sensitive to what clients are doing when they're on their own. The pros can send photos, videos and written instructions about how to perform each move, but they're not able to check up during the workout to make sure their advice is being followed. Salke takes his cues from the feedback. "If I have them doing lat pull-downs and they're not feeling it in their back, there's a problem," he says.

As for Feldman, he has been devout about sticking to Irons' plan for the past four months. "Even my breathing is correct," he adds. His doctor agreed at his last check-up: He'd lost 20 pounds and his blood pressure was back to normal.

ISTOCK

VICKY HALLETT (EXPRESS)





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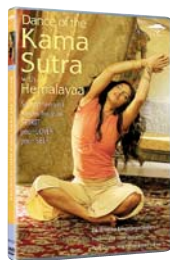
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Exotic Eroticism

Hemalayaa gives sexy exercise an Indian twist

Put away the platform heels. Although "Dance of the Kama Sutra" (\$15, acacialifestyle.com) is the latest DVD to tap into the booming sexy-fitness trend, noted yogini Hemalayaa uses her background in classical Indian dance to show viewers how to be enticing without spinning around a pole or taking off a single article of clothing.



Most people think of the Kama Sutra as just sexual poses, right? It's actually scriptures on how to love, whether that

means love with a partner, yourself or God. I base my work on those texts.

So, this is your own choreography, not a traditional dance?

It's not really about choreography. The moves are there to bring you to a place where you can make your own moves. I guide you through spontaneous creation in the moment.

But you have some great ones, like rocking your head in a figure eight with your eyes closed. Don't you call that the "Stevie Wonder"?

I love that neck move. I would close my eyes and get a big smile on my face and I felt that energy coming over me.

Is that your favorite?

I love cat position, when we get on our hands and knees. It's not cat-cow from yoga. Instead, we move our hips and shoulders, and the spine becomes like a snake.

It seemed like a good way to wake up in the morning.

Yes, the movements are really slow and we're getting in touch with our bodies. So, if you're doing it in the morning, your energetic body is going to wake up more. Have you ever watched a baby wake up? It moves its body in this sensual way



COURTESY OF ACACIA

for a while, then it opens its eyes and starts really moving.

Why have stripping and sensual dance been so popular recently?

Women are, by nature, sexual beings. We've repressed that for so long, so that when we wake that up, we feel more alive and happy. It's our authentic selves. There's a coming home. Women have never felt like this before, so uninhibited, like they can do anything.

How do you set the mood for a practice like this?

If you want to treat it like a meditation, light candles and dim the lights. Get a mat or a soft carpet so you can get down on your knees.

Create your own temple. You can even put some sweet fruit and chocolate nearby. And you should let your hair down so you can touch it. It feels like you can't move your neck as much when it's [your hair] tied back. When it's down, it's an extension of your body, like a leg or an arm.

Who do you expect your audience to be?

To men, it might appear to be a woman dancing sensually. But it's really for women to get in a place to realize that they're beautiful and sensual.

So, it's not for guys?

I wouldn't suggest men do




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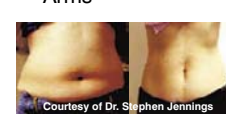
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Following Drug Deals

Forget the medication misinformation about those pills you pop

We've all been told antiperspirants don't cause cancer. But despite our smarts, there are plenty of myths like this that get passed along as fact. Here's the truth.

MYTH! Staying on the Pill too long decreases your chances of getting pregnant later.

AS SOON AS THE PILL is purged from your body (by the end of the first period after you stop taking it), you'll be able to conceive just as easily as someone who never took an oral contraceptive, says Dr. Anita Sadaty, of the North Shore University Hospital in Manhasset, N.Y.

MYTH! If two Tylenol pills aren't helping your hammering headache, a couple more might.

MORE ISN'T BETTER when it comes to acetaminophen (the main ingredient in Tylenol and Excedrin). "Taking more than the recommended amount isn't going to make it work any better, because acetaminophen has a ceiling dose," says Patrick J. McDonnell, of the Temple University School of Pharmacy.

MYTH! Stick with the brand of drug your doctor prescribes.

THE REASON A DOC prescribes one brand over another may have more to do with the pens he's received from the pharmaceutical reps than with the quality of the product. The truth is, many drugs do essentially the same thing, but the cost can be the difference between a Mercedes and a Hyundai.



ISTOCK PHOTO

MYTH! Abide by the almighty expiration date.

OTC DRUG MANUFACTURERS are required to prove that their products will maintain 100 percent of their original potency until the expi-

ration date, but that doesn't mean it falls flat the day after it expires. As a general rule, prescription meds shouldn't be taken after their expiration date, but taking the occasional cold tablet or aspirin that's past its prime probably won't hurt you.

MYTH! Taking an antibiotic will knock out your cold faster.

ANTIBIOTICS HAVE NO EFFECT on the viruses that cause colds. If you take an antibiotic you don't need, the next time you actually require one, it might not work. That's because antibiotics kill off some bacteria, but the surviving bacteria multiply and are now more resistant to antibiotics. **LESLIE PEPPER** (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

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Ripe for Debate

Tomatoes are delish, but how healthy are they?

This just in: Organic tomatoes have more lycopene than conventionally farmed tomatoes. This also just in: Lycopene might not be as healthful as we thought. So goes the bold field of tomato research.

As the most frequently consumed produce in America after potatoes, tomatoes provide vitamins, minerals and fiber — and, of course, they don't have any fat. Plus, with high levels of the antioxidant lycopene, they've been considered a potentially powerful cancer fighter. But the Food and Drug Administration has said the fruit's health-boosting powers can't be proved.

Tomato intake can't be used to mean lycopene intake, because the amount in every tomato varies, depending on how the food has been stored, prepared and consumed. For starters, different strains of a vegetable or fruit produce different amounts of antioxidants. Lycopene, for example, is not present in green or yellow tomatoes. And if a tomato is cooked and mashed, lycopene is absorbed by the body more readily than if it's eaten raw and whole. Absorption also improves when the chemical is consumed with fats.

Regina Ziegler, a senior investigator in the division of cancer

epidemiology and genetics at the National Cancer Institute, says a study of a lycopene supplement could prove the chemical's health benefit. But the National Institutes of Health, which often funds such research, would need strong evidence from small studies before launching such a project, she said. "You can't argue that there are things other than tomatoes in tomatoes," Ziegler says.

If a tomato is cooked, the body absorbs lycopene more readily.

As for examining the effect of the fruit on cancers, none of the studies recently looked at by the FDA on endometrial, cervical and colorectal cancer indicated a preventive effect for tomatoes. In gastric, pancreatic, prostate and ovarian cancer studies, subjects who ate tomatoes showed slightly lower incidences of cancer recurrence but not in great enough numbers to gain any but the lowest of the FDA's strength-of-evidence ratings.

"Why is it that men who eat more

tomato sauce get prostate cancer less often? Is it that they eat more pasta than they do big slabs of meat?" asks Cheryl Rock of the Moores Cancer Center at the University of California, San Diego. "It could be that lycopene [or tomatoes are] a surrogate for something else."

Rock worked on the Women's Healthy Eating and Living clinical trial, which measured the effect of a diet high in fruits and vegetables, and included data on lycopene levels. The results of the trial, published in the Journal of the American Medical Association, showed that breast cancer survivors who ate a diet high in fruits and vegetables were not less likely to have their cancer return than women who stuck to the five-a-day recommendations.

The official FDA verdict on tomatoes? The most enthusiastic wording allowed comments such as this: "Very limited and preliminary scientific research suggests that eating one-half to one cup of tomatoes and/or tomato sauce a week may reduce the risk of prostate cancer. FDA concludes that there is little scientific evidence supporting this claim."

The mystery of whether tomatoes prevent any cancer is not completely solved — but that's no reason to cut them out. CHelsea MARTINEZ (LOS ANGELES TIMES)

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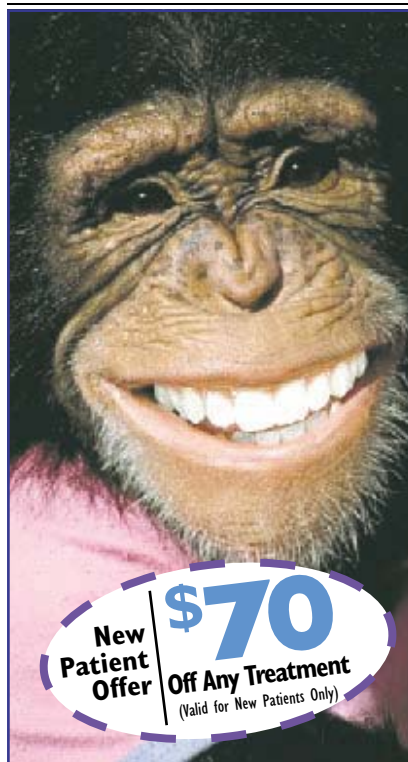
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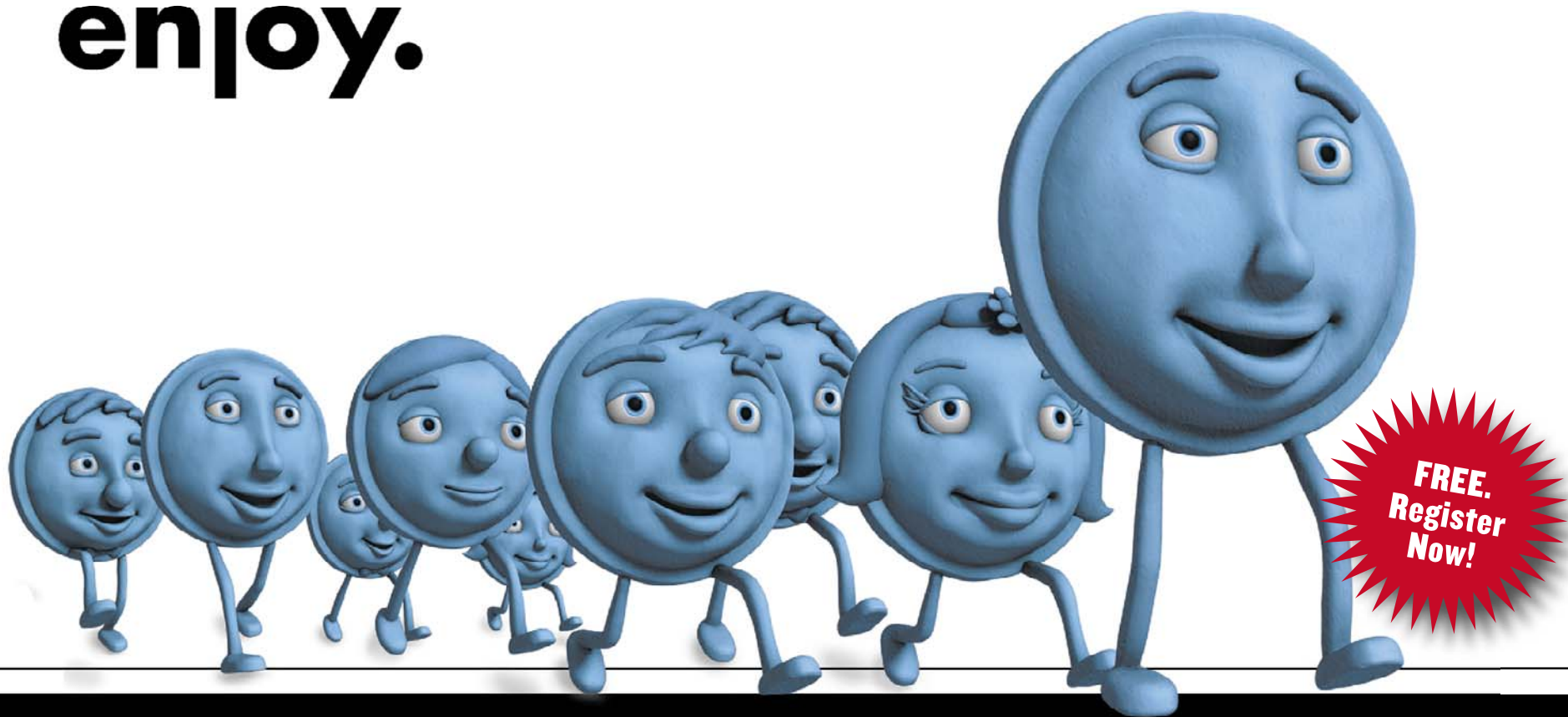
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